

OCTOBER 2021

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FAIRVIEW in Focus

THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER



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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

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president@fairviewcommunity.ca
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vp2@fairviewcommunity.ca
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- Mody Aravena
- Sam Koots
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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

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Fairview in Focus

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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.

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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



Tips For Using Your Green Cart This Fall



- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, your green cart will be picked up once every other week. Weekly green cart collection will resume in the spring.

Visit calgary.ca/collection to check your schedule and sign up for reminders.

Fairview Park Committee Update

The Fairview Park Committee has met recently to discuss the old arena site. NAaC (formerly Indefinite Arts) will be moving, and the city has decided to demo the building as it has passed its life cycle and sadly isn't worth the cost of bringing it up to par. The demolition is expected for 2022 but no actual date is set. Currently we are looking to save the asphalt area behind the building to continue using for the sports. We hope to be able to put in basketball nets next year.

As for the big picture... the committee is talking about many exciting projects, some small, some big! At the upcoming AGM we will present our latest idea and hope to get your positive feedback. We will also try to keep the Fairviewcommunity.ca website up to date, so please visit regularly.



To 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

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FEDERATION OF
CALGARY COMMUNITIES

Trick or Treating Tips

A message from the Federation of Calgary Communities



Halloween can be a fun and exciting event for kids (and adults). Below are some informative tips to increase safety on October 31.

Residents

- Turn on outdoor lights and replace burnt-out bulbs.
- Clear a path from the road to your front door and remove any potential obstacles or tripping hazards.
- Keep your pets safe. Confine animals indoors, away from the unfamiliar (and spooky) guests at the front door.
- Beware of potential food allergies; consider alternative goodies.
- If you're driving; be cautious of goblins, ghouls, and ghosts out and about in your neighbourhood.

Parents

- Costumes should be short enough to avoid tripping; and be light coloured to be easily seen at night. Having your child wear reflective tape will also help them be better seen by drivers.
- Use non-toxic makeup for the costume instead of masks as they can reduce visibility for your child.
- Create an easy-to-follow route with your children and teenagers.
- Travel in groups of three or four. Young children should be accompanied by a responsible adult.
- Practice crosswalk safety. Make your way up one side of the street and cross to the other side looking both ways, don't crisscross back and forth.
- Double-check your child's goodie bags to ensure everything is safe to eat.

Remember

Connect with neighbours!

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@greatnewsmedia.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

FAMILY SEEKING HCA OR EQUIVALENT TO ASSIST SENIOR IN SW CALGARY: with daily living activities such as meal prep, bathing, medications, companionship, and light housekeeping. 27 hours per week. Send resume with cover letter stating salary expectations to care4familybhugs@gmail.com.



WC

GIRL'S AFTER SCHOOL PROGRAMS

VIRTUAL PROGRAMS:

- Girl Power (Grade 5 to 6): Tuesdays 4pm to 5:30 pm
- Girl Force (Grade 7 to 9): Tuesdays 6pm to 7:30pm

IN-PERSON PROGRAMS:

- Girl Power (Grade 5 to 6): Wednesdays 4pm to 6pm
- Girl Force (Grade 7 to 9): Thursdays 4:30pm to 6:30pm

Registration starts: September 7th
Programs start: September 21st

fcss
family & community support services

Contact: 403-264-1155 or
era@womenscentreocalgary.org

CANADIAN WOMEN'S FOUNDATION

Mental Health Moment: What is Posttraumatic Growth?

Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca



Let's begin with a discussion on trauma and/or posttraumatic stress disorder (PTSD), I will refer to these terms as trauma for simplicity. Trauma adopted a language of medicine, in that it's an illness to be cured by a doctor or therapist. However, we as individuals ultimately must be able to take responsibility for our own recovery and the meaning we give to our experiences. There has also been a culture of expectation in which there is a mistaken assumption that trauma is both inevitable and inescapable. When we are told that we are vulnerable and need help, this can become a self-fulfilling prophecy. The criterion for successful treatment has become the alleviation of trauma, which leads us to disregard the research that shows not only that most of us are resilient, but that many of us find benefits in adversity that can be the springboard to higher levels of functioning than before the trauma. In other words, we are capable of finding pathways to reverse the destructiveness of trauma and turn it into an advantage. We do not have to be the passive recipients of how our lives will unfold.

Posttraumatic growth involves the rebuilding of our shattered assumptive world. This is well explained through the metaphor of the shattered vase. Imagine one day that you knock a treasured vase off the shelf. It smashes into a million pieces. Now what? Do we try to glue all those pieces back together to try to save it? Do we sweep up all the pieces and just throw them away because it's a total loss? Or do we choose to pick up all of those beautiful, ornate pieces and use them to create something new, different...maybe even better? Picture a stunning mosaic work of art.

When adversity strikes, we often feel that some part of us - our view of the world, sense of ourselves, or maybe our relationships have been decimated. For those of us who

try to put our lives back together exactly as they were, we remain fractured in places, and definitely vulnerable to future adversity. However, those of us who are more willing to accept the breakage and decide to build ourselves into something new, become more resilient and open to new possibilities and ways of living and seeing the world.

These changes don't necessarily mean that we are entirely free of the memories of our fracturing, the grief we have experienced, or other forms of breakage. But we are in fact able to live our lives more meaningfully in light of what has happened.

How do we set ourselves up for posttraumatic growth? First, we need to recognize that life is uncertain and that things change, sometimes for good or bad. Next, we need to practice mindfulness in that we live in the present with a flexible attitude. Lastly, there needs to be an acknowledgment of our personal agency...the sense of responsibility for our choices we make in life and an awareness that our choices come with consequences. The stress from our trauma initially is the engine that drives growth following adversity, letting us know our mental world has been shaken up and that we need to process that event. This is when we can begin to push through the original belief system we held of our assumptive world; that the world is benevolent, that life is controllable and predictable, and that we are good so why did this bad thing happen to me. This is where we come to a realization that we can't go back to the way things were...our life will never be the same (the vase shattered). However, we can create a beautiful mosaic piece of art (our life) by picking up our broken pieces and using what we learned through the trauma to create a new and possibly more useful way of living and approaching our lives. There are four key things to remember as we are creating growth. 1. We are not alone - seek supports to help us navigate the trauma. Share our experience with others. 2. Trauma is a normal and natural process in living life - most of us will experience forms of depression, anxiety, and detachment after a traumatic event. These can be upsetting but are normal common reactions to trauma. 3. Growth is a journey - each step can be painful, but it can be more painful to not keep moving. We can emerge wiser, more mature, and more fulfilled despite great loss and sadness. 4. Be patient and gentle with ourselves - don't place unreal expectations on ourselves.

Reading Suggestions: *What Doesn't Kill Us* by Stephen Joseph, *Man's Search for Meaning* by Viktor Frankl, *Life lessons: How Our Mortality Can Teach Us About Life and Living* by Elisabeth Kubler-Ross and David Kessler.



Tokyo Paralympics Medal Count

Gold: 5 • Silver: 10 • Bronze: 6

Women: 11 • Men: 10

by Kyla McDonald

The Tokyo 2020 Paralympic games continued to demonstrate the resiliency of the athletes, as the Paralympians faced many of the same challenges as the other athletes at the Tokyo Olympic games. For many, Tokyo was the first international competition they had competed in in nearly two years. 128 athletes, including guides, were officially named to the Canadian Paralympic team in which they competed in 18 different sports throughout the duration of the games.

Day one led Canada to the medal podium twice, with Keely Shaw and Aurelie Rivard both winning bronze. Shaw in the women's Para track cycling C4 3000-metre individual pursuit event with a time of 3:48.342 and Rivard in the women's 50-metre freestyle swimming event, with a time of 28.11.

Two more medals were won on day two. Tristen Chernove claimed the first silver medal of the Paralympic games in the men's C1 3000-metre individual pursuit in Para track cycling and Nicolas Guy Turbide also won silver in the men's S13 100-metre backstroke for visually impaired swimmers with a time of 59.70.

Kate O'Brien of Calgary won silver in the women's C4-5 500-metre time trial in Para track cycling on day three with a time of 35.830. The day continued with Opening

Ceremonies flag bearer, Priscilla Gagné also winning silver in the women's 52 kg Para judo event.

Day four was a world record breaking day for Aurélie Rivard. She won Team Canada's first gold medal of the Paralympic games in the women's 100-metre freestyle S10 event, with a time of 58.14. Brent Lakatos captured the silver medal in the men's T54 5000-metre wheelchair race with a time of 10:30.19.

Stefan Daniel of Calgary won the bronze medal in the men's PTS5 Para triathlon on day five with a time of 59:22. The day continued with the women's 4 x 100-metre freestyle relay team – Morgan Bird, Katarina Roxon, Sabrina Duchesne and Aurélie Rivard – also winning bronze with a time of 4:30.40. Brent Lakatos finished off the day with a second-place finish in the men's T53 400-metre event with a time of 46.75, a new personal best.

18-year-old Danielle Dorris won silver in the women's 100-metre backstroke S7 event with a time of 1:21.91 on day six.

Zachary Gingras won bronze on day seven in the men's T38 400-metre event, with a personal best time of 50.85.

Day eight was another great day for Team Canada with three medals won by the athletes. Greg Stewart won gold in the men's F46 shot put event with a record-breaking throw of 16.75 metres. Aurélie Rivard defended her title in the women's 400-metre freestyle S10 event, winning gold with a time of 4:24.08, and Brent Lakatos won his third medal of the games, claiming silver in the men's T53 100-metre wheelchair race with a time of 14.55.

Aurélie Rivard and Brent Lakatos both won silver in their events on day nine; Rivard in the women's 100-metre backstroke S10 event with a time of 1:08.94, and Lakatos in the men's T53 800-metre wheelchair race with a time of 1:36.62.

On day ten, Danielle Dorris set the Paralympic and world record in the women's 50-metre butterfly S7 event with a time of 32.99 to win gold. Sprinter Marissa Papaconstantinou finished off the day by winning the bronze medal in the women's T64 100-metre sprint with a time of 13.07.

The last medal for team Canada was won by Nate Riech in the men's T38 1500-metre event. He took the gold with a time of 3:58.92, more than four seconds ahead of the second-place finisher.

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The Halloween Trick of a Treat

There is a lot of dispute over whether or not Candy Corn is a delicious Halloween treat, or a disgusting trick. But whether or not you're a fan, you might want to know that Candy Corn was originally called "Chicken Feed" and was sold in boxes with a rooster on the front. Fan or not, I think we can all agree that Candy Corn sounds more appetizing than Chicken Feed.



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