

MARCH 2022

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# FAIRVIEW in Focus

THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER



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## Found in Fairview

I have lived in Fairview for nine years. I was drawn to Fairview, literally, by a family of skunks that my husband and I followed over from Acadia. Since we've been here, I've heard of all sorts of crazy rumors about Fairview – the 3-legged bobcat, road names on sidewalks that don't match the road signs, cougars snoozing in trees, and the wildest tunnel garages. Most of these rumors have sorted themselves out. I met the bobcat on 78 Ave one evening on a walk. The street name/sign discrepancy was in an issue of the newsletter last year. A cougar walking through my backyard, with a subsequent phone call from my husband to please get all the kids off the street! But I had never met anyone that actually had an underground tunnel from the garage to the house. I was starting to wonder if this was just an urban legend made up to impress newcomers to Fairview. Then it happened! A friend moved into the neighbourhood last year. He invited us over for a drink in his backyard. Once we were there, he of course toured us around his home and when we got to the basement, there it was, a door from the laundry room straight down a hall and into the garage! Amazing! I was elated! Finally, after so many years of not knowing if these garage to house tunnels existed, here I was standing in one! It's one of the coolest secrets in Fairview. Especially, when the weather is so cold.

If you or someone you know would like to be featured in Found in Fairview, please email Michelle. [stensrud@fairviewcommunity.ca](mailto:stensrud@fairviewcommunity.ca).

#wheresfairview

## Our Spring Cleanup Events for 2022

**Saturday, April 23 - Fairview's 23rd Annual Parade of Garage Sales (POGS):** Sponsored by Ed Belanger of CIR Realty! Need to sell your stuff?! See our insert next month or website for full details and be sure to come out to find your treasure. Contact POGS coordinator Dave for info or to register your sale: [dave.eisenbart@fairviewcommunity.ca](mailto:dave.eisenbart@fairviewcommunity.ca) or call 403-454-8327.

**Sunday, May 1 - Fairview's 25th Annual 2022 Spring Fling Community Cleanup:** See April's insert or info on our website for full details on this always-popular event! Volunteers are also needed - contact Dave by email [dave.eisenbart@fairviewcommunity.ca](mailto:dave.eisenbart@fairviewcommunity.ca) or phone 403-454-8327 if you can help out or need a pickup (membership required for pickup).

**Saturday, May 7 - Fairview's 12th Annual Bottle Drive:** Clean out your garage and basement and donate your refundables to support your community! See April's insert or our website for more details.

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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

**President** Regan Klyn  
president@fairviewcommunity.ca

**1st VP** Elizabeth Duerkop  
vp1@fairviewcommunity.ca

**2nd VP** Andrew Gidden  
vp2@fairviewcommunity.ca

**Secretary** Alicia Davis  
secretary@fairviewcommunity.ca

**Treasurer** Alfredo Aburto  
treasurer@fairviewcommunity.ca

### Directors at Large

- Luke Prajzner
- Chad Chapman
- Wayne McNeely
- Michelle Stensrud
- Becky Kramer
- Sam Koots
- Paul Bechthold
- Indrani Nath

### 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.welcomewagon.ca](http://www.welcomewagon.ca), 1-844-299-2466

• [www.calgaryyouthjustice.com](http://www.calgaryyouthjustice.com), 403-261-9861

• **In-Definite Arts**, 403-253-3174, [www.indefinitearts.com](http://www.indefinitearts.com)

### Government Representatives

#### Councillor, Ward 11

Kourtney Penner  
ward11@calgary.ca • [www.calgary.ca/ward11](http://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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**Submission Deadline:** 7th of the month for the next month's news. Comments, questions, and submissions are always welcome.

**Editor Email:** [news@fairviewcommunity.ca](mailto:news@fairviewcommunity.ca)  
**Mail:** Fairview Community Association  
Box 78053, RPO Heritage  
Calgary, AB T2H 2Y1

**Messages:** 403-252-5424  
**Email:** [office@fairviewcommunity.ca](mailto:office@fairviewcommunity.ca)  
**Website:** [www.fairviewcommunity.ca](http://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](http://fairviewcommunity.ca) (via PayPal), or by emailing [sam.koots@fairviewcommunity.ca](mailto: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 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.



## Flint Park Parking and Pump Track Update

At the time of this writing, we have been enjoying an incredible stretch of warm weather. As a result, much of the snow has melted away from the pump track and we've already seen riders out there enjoying the track. Just a reminder that neither the Community Association nor the City are clearing snow or ice from the track, so there may still be icy spots. In spring 2021, we did see some overly eager riders using ice picks/chippers to clear away the remaining ice but please don't do this, as it could damage the soft asphalt underneath. Snow shovels are okay though.

The newly built, small parking area has seen a lot of use by dog walkers over the winter and will be a welcome addition for pump track users with young children or coming from outside the community. But please remember that the rest of the alley remains a no parking zone so if the six spots in the parking lot are taken, you must park on the street. Let's make this summer the best one yet for the pump track!

Also, did you know that there are now three asphalt pump tracks in Calgary? Check out the details at <https://www.calgary.ca/csp/parks/locations/Bike-pump-tracks.html>.

There are also several more waiting in the wings, which should be built this year including Marda Loop, Montgomery, and High River. It looks like the success of little ol' Fairview set quite the trend!!

## More Animal Sightings

In the February edition of Fairview in Focus we reported a raccoon sighting and asked for what other wildlife you've seen over the years. We got this report from Jackie, who lives on Flavelle road:

"Headed home between 7:30 to 8:00 pm, I stopped on Heritage Drive heading east from Macleod Trail (to Flavelle Road) to wait for an animal to complete their crossing of Heritage Drive.

Unsure what it was, I entered the London Drugs parking lot on the northside, by Toscana.

Moments later the porcupine came up to the vehicle. It was confused by the headlights, but proceeded to raise up on its back legs, appearing very tame with front paws curled looking adorable, large, and full - although I'm sure that's not the case!

Having lived in the community 22 years, we have had coyotes, skunks, rabbits, and very large owls... but have never seen a porcupine, until now.

*Jackie*

Flavelle Road

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## Fairview Youth Services Directory



To add, change, or remove information from this listing, call 403-252-5424 or email [news@fairviewcommunity.ca](mailto: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
- Jade, 403-808-9413 A

Now looking for youth interested in doing snow shovelling. Contact [news@fairviewcommunity.ca](mailto: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
- Jade, 403-808-9413 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 information 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](mailto:news@fairviewcommunity.ca).

## Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

**Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!**

## YOUR CITY OF CALGARY

### Keeping Storm Drains Clear This Spring



Storm drains (or catch basins) are the main way stormwater gets into our underground pipes, or rather our stormwater management system. There are about 60,000 storm drains in Calgary which capture water off sidewalks, streets, and roads. The City of Calgary has an online map that shows where storm drains are located. For more information and to view this map, please visit [Calgary.ca/stormdrains](http://Calgary.ca/stormdrains).

## Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911

## Plant a Seed and March On!

by Carolyn Brown

It's March. The days are getting longer, the air is getting warmer, and you can almost taste spring. Amidst the snow patches there may dry spots... but don't start digging! The ground is still frozen, and the beneficial critters are still asleep. It's best to leave the earth alone for at least another month, so let's get our hands dirty by planting seeds.

Seed starting is one of the most important tasks to be done in March. Look on the back of the seed packet to see when to plant, backing up from the last frost date, normally around May 24 in Calgary. Plants that need to be started 8+ weeks before include tomatoes, peppers, and flowers like petunias. Get growing by using peat pods, egg cartons, and some seed starter mix. You will need either grow lights or a sunny south facing window. Shop for materials from specialty stores. Don't get overly ambitious and start crops like zucchini too early. This leads to gigantic stringy plants that have trouble being transplanted into the garden. Know that there are pre-grown plants to purchase ... just in case.

Get a jump on extending our short season by planting in raised beds and elevated planters. Build or order the raised planters for your deck, balcony, or patio. Consider a self-watering option perfect for week-long getaways! These along with 'galvanized groundhogs' are sold, delivered, and set up with veggie mix. Raised planters eliminate that sore back from bending and tending your garden. Cover your plants with frost covers or plastic for a 'greenhouse effect' to get earlier crops and protect them from those hailstorms. With a covered raised planter, you could see an early crop of radishes and lettuce in late March!



**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

# Membership Update

## Membership

Community Association memberships expired February 28, 2021. Purchase your 2022-2023 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](http://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](mailto: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, 2022 to February 28, 2023**

**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



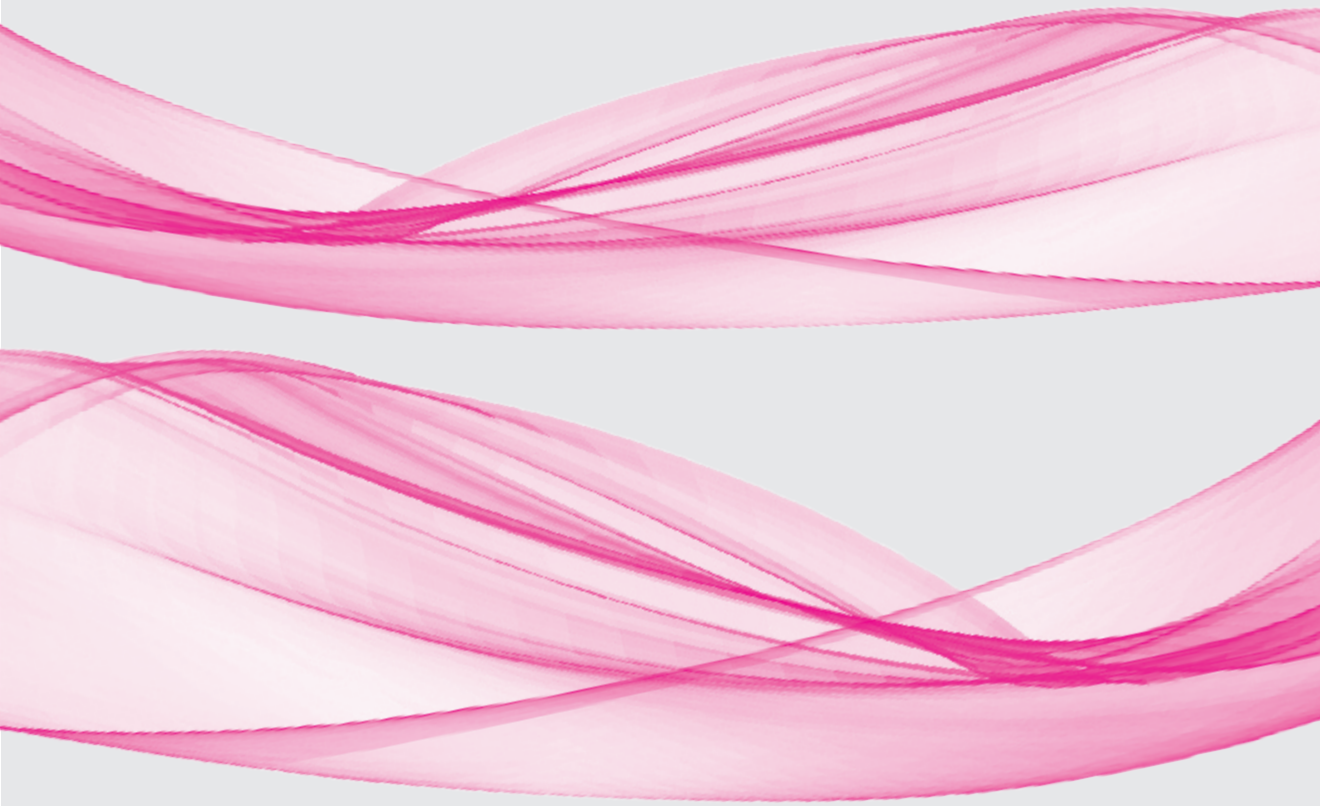


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## Why I Want To Know Your Whole Story

Nancy Bergeron, RPsych | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)

From our earliest relationships, some of us may learn from our families of origin that putting others first is our prescribed role within the family system. For others, our role might have been highly restricted, leading to frustration, stress and difficulty stating our needs and standing up for ourselves. Maybe some of us may have experienced patterns of family dynamics where we were often placed in submissive roles, stunting us from showing our capabilities. Some individuals may recognize the ways cultural or religious scripts influenced the people who came before them in past generations to take more of a backseat when sharing our feelings and input. Perhaps if our caregiver was the authority figure who made all the decisions with little or no say from us, we may be carrying subconscious belief patterns that we should not have a say or that others are better suited to have the last word. All of these different presentations play into the dynamics of how we relate to others as the individuals we are today.

Adverse Childhood Experiences (ACEs) in early development, including being around caregivers who did not provide us consistent emotional validation, can leave many of us feeling unseen. As we grow into adulthood, we may still find ourselves doing everything we can to earn the validation and attention of the same people who disregarded our feelings. This can be so confusing. If we experienced inconsistent “hot and cold” parenting as a child, we may find ourselves making unstoppable efforts to secure emotional bonds in our relationships throughout our life, even with people who may not fit into it. It is common to experience a compelling need to provide satisfaction in a partnership, and avoid at all costs, vulnerable or awkward moments that may be viewed as less than favorable to others. This can also lead to a diminished interest in exploring who we are, and more interest in learning about what others want us to be. We can refer to this as the chameleon effect—when we habituate to change our presentation to fit in or please those we come in contact with.

Another way inconsistencies in early childhood manifest later in adulthood is if we endured a childhood where our caregiver was absent, neglectful, or unreliable and now we find ourselves fiercely independent. Do you



know someone who is always pulling away from others and wanting to do it all on their own? That tendency can lead us to withdraw in the face of future trauma or in the possibility of being let down by others. Here, we are protecting ourselves, which is a very normal response to have and although there’s nothing wrong with autonomy and solitude, it leads to missing out on meaningful connection. On the flipside, fearing the displeasure of others can be a form of not acknowledging our own needs and it can also be a way to self-serve. We may feel we receive validation from others because of pleasing them, which feels good because we can finally attain that validation we strived for so long as a child. While there is importance in holding space and showing up for others, it is important to have awareness and not neglect our own needs. Sometimes too much of an emphasis on another person’s needs while ignoring our own can breed resentment and anger. How can we as individuals learn to show up for others without eliminating our own needs? What would it look like to give ourselves a permission slip to let our needs take up space?

One of the most powerful components to the therapeutic relationship is being encouraged to look at the totality of our experiences and how they can be consciously or unconsciously present in us and our environment. Working with someone who can help us become more aware of how we think and feel about our needs is powerful. The messaging and sometimes even trauma we have received by our primary caregivers has influenced who we are. A significant goal in therapy is to help get us back to a place of who we really are, our authentic self. This is why I want to know your whole story.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

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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](http://www.communitymediation.ca), 403-269-2707.

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## YOUR CITY OF CALGARY

### Keeping Storm Drains Clear This Spring



Storm drains (or catch basins) are the main way stormwater gets into our underground pipes, or rather our stormwater management system. There are about 60,000 storm drains in Calgary which capture water off sidewalks, streets, and roads. The City of Calgary has an online map that shows where storm drains are located. For more information and to view this map, please visit [Calgary.ca/stormdrains](http://Calgary.ca/stormdrains).



Disease prevention by immunization has been a fantastic medical tool to prevent infections in humans since 1796 when Jenner found how cowpox in milk maidens, caught from their dairy cows, gave them immunity to smallpox, and Pasteur discovered bacterial fermentation in the 1860s.



These are the diseases presently prevented by vaccination and inoculation. Their use has predated antibiotics by two centuries, saved millions of lives, and is cheap and effective. It will now save lives from COVID-19 and its variants!

- |                              |                                |                             |
|------------------------------|--------------------------------|-----------------------------|
| 1. Anthrax                   | 13. Japanese Encephalitis      | 25. Tetanus                 |
| 2. Cholera                   | 14. Meningococcal Meningitis   | 26. Tic-Borne Encephalitis  |
| 3. COVID                     | 15. Mumps                      | 27. Tuberculosis            |
| 4. Dengue                    | 16. Pertussis (Whooping Cough) | 28. Typhoid Fever           |
| 5. Diphtheria                | 17. Pneumococcal Pneumonia     | 29. Variola (Smallpox)      |
| 6. Equine Encephalitis       | 18. Poliomyelitis              | 30. Varicella (Chicken Pox) |
| 7. Haemophilus (Influenza) A | 19. Rabies                     | 31. Yellow Fever            |
| 8. Haemophilus (Influenza) B | 20. Rotovirus                  |                             |
| 9. Haemophilus (Influenza) C | 21. Rubella (German Measles)   |                             |
| 10. Haemophilus Meningitis   | 22. Rubella (Red Measles)      |                             |
| 11. Hepatitis A              | 23. Herpes Zoster (Shingles)   |                             |
| 12. Hepatitis B              | 24. Streptococcal Pneumonia    |                             |

.....  
*There is some progress reported from Africa on the prevention of malaria by immunization, which in turn would save millions of lives. It too may soon be added to this list!*

## Let's Talk Real Estate



We had a record-breaking sale of \$700,000. Fairview is hot! Our community offers so many more opportunities than most, to optimize our values.

My flat rate listing commission of \$2500.00 has been a hit! Three Foxwell Road Owners, two homes of which had never been on the market, took advantage of the savings and in their recommendations said,

"Shelley was totally hands on and walked us through the whole process. She said 'no question was a dumb one'. She maximized our sale price. We will recommend Shelley to everyone we know." Carol and Sharon. Days on market (DOM) 41.

Terry and Glenn said, "Shelley had sold a couple homes on the same street. We made a good choice using her, and her flat fee is ideal." DOM 39.

Caroline of Fairview Drive said, "In one day Shelley sold our home for \$25,000.00 more than any other Realtor told us we would. She was a pro at negotiating."

Nigel and Donna said, "She worked hard to get our listing and worked harder to sell our Nanton home. She was a professional and did what she said she would do; she went the distance." DOM 27.

Holly and Eric in Auburn Bay said, "we didn't want to sell our home before we bought. We looked at 20+ properties. Shelley gave great advice on how we could win the bid in this market. We listed at our price and sold in two days. Her experience, integrity, knowledge, and consistent communication made the process smooth, plus we saved over \$10,000 in real estate fees."



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