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THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER



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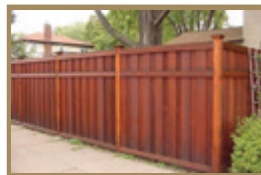
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Heritage Time Out

*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. We are planning to restart on September 14, 2022. Please contact Lori at McDougall United Church 403-252-1620 or email heritagetimeoutcalgary@gmail.com for further information.

Fairview Community Association Update

The end of April and beginning of May are the busiest times of the year for your Fairview CA. The Parade of Garage sales took place on April 23 (thanks to Realtor Ed Belanger for sponsoring this year's event yet again). Eight days later was Spring Fling, sponsored by Peter Hughes Landscaping. And the week after that was our Spring Bottle Drive. Thanks for all the support from the community and volunteers to make these events a success.

Did a volunteer come to your home selling a community association membership during our annual membership drive? If they missed you, they likely left a flyer behind explaining how you can purchase a membership for \$15. You can also use the form found in this issue of Fairview in Focus. Buying a membership is one of the best ways you can support the programs and initiatives put on by your CA. As a member, you can also attend board meetings and vote at the AGM.

Upcoming events are our regular June board meeting taking place on June 7 before the board takes a break for the summer. Our AGM will also take place either this June or September.

Window and Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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

- Becky Kramer
- Chad Chapman
- Sam Koots
- Wayne McNeely
- Michelle Stensrud

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, 1-844-299-2466

• www.calgaryyouthjustice.com, 403-261-9861

• **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

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

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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
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.



Meet My Pet

My name is Isaac. I'm 10 years old, I have lived in Fairview for probably 9 years. This is the story of my cat Sabotage.

I got Sabotage last September, a few months after my first cat Maurice died. Sabotage was a foster cat at my friend's house. My mum took me up to meet her and I played with her. My friend was allergic to cats, so we had to adopt her.

I chose the name Sabotage because she is a stinker and sabotages everyone. Just kidding, I didn't know that then. She really got the name because it is my favourite song by the Beastie Boys. And it's very fitting!

I share the responsibilities of taking care of Sabotage with my mum. Sabotage likes to wake me up in the morning by attacking my feet or sometimes laying on my face. Sometimes I remember to feed her in the morning, but if I don't my mum will feed her. She really likes to play a lot and if you don't play, she will bite you! My mum makes me change the cat litter every day. Sabi really likes to go outside on nice days. She likes playing in cardboard boxes and eating my action figures. When we go on holiday, she can't stay home alone so we take her to a place called Catnaps, and she gets taken care of and gets to hang out and play with other friendly cats.

Since Sabotage likes car rides, we sometimes bring her to school drop off. One time she came with my mum to pick me up at school and my friend had his dog and he thought his dog and Sabi would get along very well and then when his dog ran up to Sabotage, she ran under the tree and then when she was feeling comfortable, she came out and smacked the dog in the face! I thought it was really funny and it reminded me of my first cat Maurice because he would smack other cats and dogs in the face.

To sum it up, I really like her and am so happy she is part of my family.



☒ CHECKLIST

9 PM

ROUTINE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



Fairview Youth Services Directory



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
- Riley, 403-831-6406 A
- Charlie, 403-819-6785 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

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 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.

YOUR CITY OF CALGARY

Let The Dogs Run Free: Map Shows Off-Leash Areas in the City

As the weather warms up, it's the perfect time to get outside with your four-legged friend. Calgary has 157 public off-leash areas with a combined area of 1,145 hectares for you and your dog to enjoy. The City of Calgary has a map that shows the location of off-leash dog areas in Calgary. View the Calgary Off-leash Dog Areas Map on the Map Gallery. It can be found at <https://maps.calgary.ca/OffLeashDogAreas/>.

To view more City of Calgary maps, please visit the Map Gallery at [maps/calgary.ca](https://maps.calgary.ca/).



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Board Member Profile

Andrew Gidden – 2nd VP

Your Fairview Community Association is always looking for new volunteer board members. This role is a great way to become involved in your community and the commitment can be as little as 3 to 5 hours per month. If you are interested in becoming a board member, feel free to attend one of our monthly board meetings (currently meeting virtually) by emailing secretary@fairviewcommunity.ca.

Here is the story of another one of our great volunteers:

My name is Andrew Gidden, and this is my third year as a board member for the Fairview Community Association (CA).

I have lived in Fairview with my wife and 2 sons for the last 15 years. My wife and I were both born and raised in Victoria and moved to Calgary in 2007 so my wife could complete her Masters in Social Work. In a matter of 1.5 years of being here, we got married, had a baby, and bought a house in Fairview.

When we first moved here, I really didn't have proper knowledge of all the city's communities and the north versus south debate. I 'stumbled' across Fairview one day after being at the stampede. We were invited to a friend's house for a BBQ, and it was here where he sold us on moving to Fairview. We loved its larger lots, mature trees, and close proximity to downtown. However, as time has passed, we have come to realize that Fairview offers way more than this. Its close access to amenities, public transit, schools, and major roadways makes it, what I believe, one of Calgary's best communities.

Before I joined the board, I knew some neighbors who were on the CA board. I would hear them talk about community issues and events they were hosting. As our friendships grew, I would volunteer at events. Volunteering turned into attending the CA's Annual General meetings and the always entertaining Wine and Cheese annual fundraiser. It was here at these events that I started thinking about the importance of community and reflecting on how fortunate we were to move to Fairview. It wasn't until after the collapse of the Fairview arena, that I committed to join the Fairview CA. I wanted to get involved in the redevelopment of the Fairview Park site and ensure our awesome community could continue to thrive. Since then, I have been part of several other CA initiatives like Movie in the Park, Spring Fling, Flavelle outdoor ice rink, the pump track,

Wine and Cheese fundraiser, and the first-ever online team wine survivor. My wife has also participated in the membership drive, the safety committee, and the pump track committee.

Being part of this CA has been a family effort and we truly enjoy being part of it. We have met some great families and neighbors over the years, and I think having connections is the foundation to building great communities. There is nothing better than driving down the street, honking your horn, and giving a wave to a neighbor or bumping into someone you know at the Stonegate.

YOUR CITY OF CALGARY

Park Cart Smart

When you set out your blue, green, and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:



- When parking in a cul-de-sac, all vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
- Place your carts on flat ground, one metre away from your vehicle if parked on the street.
- Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.
- When parking in an alley, do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection. Learn more at calgary.ca/cartplacement.

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 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, 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

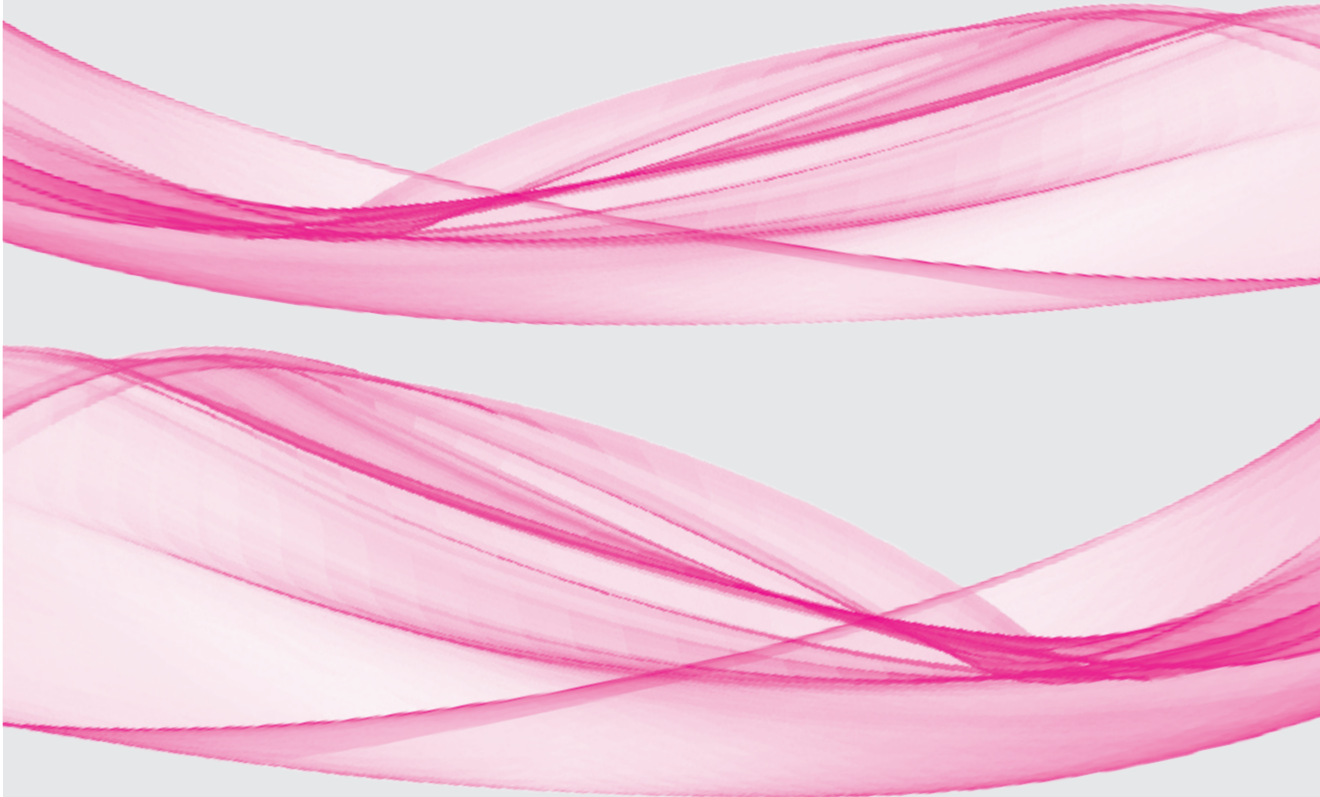


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TAKE ON WELLNESS

Mental Health Awareness

by Alberta Health Services

Does what you say and do each day affect your mental wellness in a positive or negative way?

People feel a wide range of emotions every day. We feel frustration when stuck in traffic and joy when we laugh with our friends. We can feel happiness and sadness all at once. This is normal.

Because normal human emotions change so fast and vary so widely, they can sometimes seem overpowering. It is important for each of us to discover our own effective ways for managing strong feelings. Our emotions have a big impact on our mental wellness. To be our best selves, we must try to create balance between our minds, hearts, and emotions.

These ideas can help us manage our emotions and feel more in control.

- **Breathing:** Take a deep breath, hold it, and then slowly release. Repeat as needed. Deep breathing exercises are good for our nervous systems, help us check in with our feelings, and raise awareness about how the things we do or think can affect us positively or negatively.
- **Mindfulness:** Dealing with negative feelings like anger, frustration, and nervousness may leave us feeling hopeless. Instead of avoiding feelings, being mindful of them helps our brains learn ways to cope that we can use in the future. Ask yourself, "How have I successfully managed this feeling in the past?"
- **Name it to tame it:** Naming our feelings can help us feel in control. Ask yourself, "What am I feeling?" Try to go further than just "happy" or "sad". It is good practice to regularly explore our feelings and how they change.
- **Practice self-care and gratitude:** Eat healthy foods, drink water, and get enough sleep. Avoid gossip and discussing or dwelling on the negative. Choose instead to focus on and emphasize the positive things you see and hear.
- **Journal:** Writing helps us reflect on our feelings and explore how we can deal with them.
- **Pause:** Sometimes we need to distract ourselves temporarily to avoid negative feelings or overreaction. Walk around the neighborhood, help others, or do something that brings you joy and emphasizes the good things in your life!

Every action we take, big or small, has the power to contribute to or take away from our mental wellness. Check in with yourself and find what works to support you. After all, you know yourself best!

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Let's Talk Real Estate



As of April 9, 2022, there are no active listings in Fairview.

From January 1/22 there have been 21 sales that were comprised of 2 new listings and 1 home that was on the market for over 110 days and listed in 2021. Excluding that sale, the average days on market are 3.38 including the ones with conditions such as financing and home inspection. If there were more listings there would have been more sales.

In the last 3 months my advertising was focused on the testimonials and recommendations from recent Sellers who only paid a listing fee of \$2,500. Why would you pay more for 3.38 days on the open market?

Commissions at 7% on the first \$100,000 and 3% on the balance of sale price for a \$500,000 sale price including G.S.T. are \$19,950. Many of these commissions are divided 50/50 between the Seller's Broker and the Buyer's Broker. If the Buyers Broker receives \$9,975 and I receive \$2,500, you will save almost \$7,500.

My 45+ years of experience as a Calgary Realtor gives me a great advantage. Interview me and see if we are a fit.

Sincerely,

Shelley J. Williams Broker, ABR, SRES, CCS, CREN



SJ Williams & Associates Realty Ltd . | 403-813-7844 | sjw1@shaw.ca

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