FAIRVIEW in Focus

THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER



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- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

www.fairviewcommunity.ca





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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!



Awareness and Response to Planning and Development Issues

The community association receives many development and planning proposals for the area. The City of Calgary often consults with the community association on development issues for a resident perspective.

March 1, 2025, to February 28, 2026

Please make cheques payable to Fairview Community Association.		
Name:		
Address:		
Postal Code:	_ Phone:	
Email:		
Membership fee: \$20 per family (up to two registered ad living at the same residence)	ults and any number of children under the age of 18	
☐ Yes, we are interested in volunteering		
☐ Yes, I am interested in receiving updates by email		

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	Vacant president@fairviewcommunity.ca
1st VP	Wayne McNeely vp1@fairviewcommunity.ca
2nd VP	Alicia Davis vp2@fairviewcommunity.ca
Secretary	Michelle Stensrud secretary@fairviewcommunity.ca
Treasurer	Les Sorenson treasurer@fairviewcommunity.ca

Directors at Large

Dave Eisenbart	Nicole McNeely
Lisa Schooling	Ralph Schempp

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

Otipemisiwak Métis Government Calgary Elbow Métis District

Carmen Lasanté, District Captain clasante@metis.org • 780-455-2000, ext. 273

Fairview in Focus

Fairview in Focus is published monthly by Great News Media and delivered by community residents and Canada Post to all Fairview homes.

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.

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

VICE-PRESIDENT'S MESSAGE

Hello Fairview!

Welcome to spring!

Spring happens to be Fairview's busiest season. We have many events for everyone this spring. The first is our annual membership drive.

Memberships are valid from March 1 through the end of February each year, so 2025-2026 memberships are on sale now! Memberships cost only \$20, and all funds go toward running our excellent events. We will be going door-to-door in early April, but you can purchase your membership online anytime on our website www.fairviewcommunity.ca.

The first places to use your new membership is our spring cleanup events. Parade of Garage Sales and then the "Community Cleanup", AKA "Spring Fling", are our biggest annual events and each runs smoothly because of the amazing volunteers that come out. I strongly recommend you sign up to volunteer because it is a great time with our neighbours. Fun fact, the Spring Fling originated in Fairview and now happens in dozens of neighbourhoods each year. Be proud to be in a great neighbourhood like ours.

Other events coming up are the Wine and Cheese, Bottle Drive, and our AGM. Feel free to reach out to us if you want to help.

I would like to send out a shout out to one of our amazing volunteers this year. Jason Mohler is our Rink Master and has spent countless hours (well, actually he was counting, it is part of the gig) clearing snow, fixing cracks and holes, making sure that it's a wonderful place for all of us to enjoy. Jason is a rock star as far as I'm concerned, and we are very proud to have him with us doing what he does.

Are you concerned or annoyed about something in the neighbourhood? Maybe there is a space that needs care that has gone ignored or forgotten? The best place to report any issues is 3-1-1. From sidewalks with ice, traffic and parking issues, etc. I strongly urge you to check out 3-1-1 online and see what it can do for you. From what I have heard, Calgary has one of the best 3-1-1 services.

I look forward to sharing some wine and throwing garbage with you this spring!

Wayne McNeely

1st Vice-President

Fairview Community Association





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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, 825-437-4971 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 Eric, 403-554-5890 B
- Anna, 403-471-9004 B
- Sadie, 403-630-9623 A

Pet Sitters

- Charlie, 403-819-6785 A
 Jade, 403-808-9413 A
- Abigail, 403-554-9034 A
 Danica, 403-312-2125 B
- Layla, 825-437-4971 B
- Ayden, 587-891-7477 B
- Bryn, 403-808-4428 B
- Tatum, 403-312-2125 B
- Anna, 403-471-9004 B

Lawn Mowing

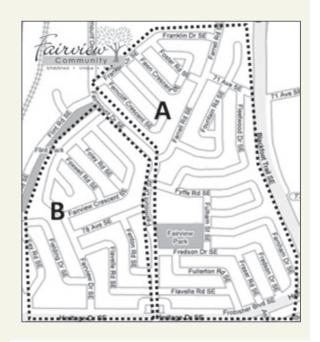
• Ayden, 403-831-7214 B

Now looking for youth mowers! Sign-up today by emailing news@fairviewcommunity.ca.

This list shows the area where the youth reside (A or B), but they may be willing to work anywhere within the Fairview community. Give them a call!

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.







Adopt A Park in Fairview

This year the Fairview Community will be participating in the City of Calgary's Adopt a Park program. This program provides opportunities for you, residents of Fairview Community, to volunteer and make a big difference to help care for the natural surroundings in and around our community.

Our First Adopt A Park is Flavelle Park

Join us this spring for an orientation day to learn more about what our responsibilities are and available opportunities, such as shrub bed and playground general maintenance and grooming or litter cleanups, and how you can get involved. Attendance at this orientation is mandatory if you are interested in volunteering. Visit fairviewcommunity.ca/adoptapark or https://www.facebook.com/FairviewYYC for the date, time, and location.

Volunteers can choose how often they would like to work in the parks and green spaces based on how much time they can spare. Some volunteers pick up litter or watch for vandalism throughout the year, while others help with special projects that fit their schedule.

If you are interested in helping in to make a difference in maintaining the health, beauty and biodiversity of your local natural surroundings, please reach out to us at parks@fairviewcommunity.ca.

With enough community support, we can fan this program out to our other community parks and greenspaces!



YOUR CITY OF CALGARY

Collection Days Are Changing in April

by The City of Calgary

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/ cartschedule by April 8. Check your schedule to:

- · Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection
- Useful tips for using your blue, green, and black carts.

It's Easy!

Option 1: Go to calgary.ca/cartschedule.

- Type your address in the search box to view your collection days.
- · Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

UPCOMING COMMUNITY EVENTS AND ACTIVITIES

Fairview Community Association Board Meeting

- Tuesday, April 1, 2025, 7:00 pm
- Tuesday, May 6, 2025, 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.

Fairview Membership Drive Saturday, April 5 to Sunday, April 27

Our annual Membership Drive is scheduled for April. We are looking forward to connecting with residents by going door-to-door throughout our community selling memberships. If you are able to help out, please contact us. It's a great way to get some fresh air, a little exercise, and meet some of your neighbours.

Fairview's 26th Annual Parade of Garage Sales (POGS)

Saturday, April 26, 8:30 am to 2:30 pm

Sponsored by Ed Belanger of CIR Realty!

Mark your calendar and sell your stuff! Watch our website or socials for full details and be sure to come out to find your treasure. Contact POGS coordinator Dave for information or to register your sale at dave. eisenbart@fairviewcommunity.ca or call 403-454-8327.

Fairview's 28th Annual Spring Fling Community Cleanup

Sunday, May 4, 9:00 am to 2:00 pm

See our website for full details on this always-popular event! Contact us for a household pickup or if you can volunteer (especially if you have a truck). Contact Cleanup Events Coordinator, Dave, at dave.eisenbart@fairviewcommunity.ca or call 403-454-8327.

Fairview Casino – Fun Volunteer Opportunities Friday, May 9 and Saturday, May 10 Elbow River Casino, 218 – 18 Ave SE

Volunteers needed to fill casino shifts to help us raise a large amount of money for our community! Jobs are very easy, no experience required and lots of down time. Meal included. Visit fairviewcommunity.ca/casino to sign-up today.

Fairview's 15th Annual Bottle Drive Saturday, May 24, 10:00 am to 1:00 pm

Clean out your garage and basement and donate your refundable containers to support your community! Volunteers needed (especially if you have a truck). Contact Cleanup Events Coordinator, Dave, at dave.eisenbart@fairviewcommunity.ca or call 403-454-8327.

Fairview Community Association 2025 Events

2025 is shaping up to be a busy and exciting year in Fairview! We have tentatively planned the below 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.

Say Cheese! It's Grilled Cheese Month!

April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?



June 3, 2025	Annual General Meeting at Flavelle Park
June 7, 2025*	Wine and Cheese Fundraiser - location to be confirmed
Summer*	60+ Collective Summer Fun - dates and location to be confirmed
Summer*	Sparking Lot Concerts and Family Fun at Fairview Park
Saturday, September 13, 2025	Fall Family Festival Movie in the Park - Flavelle Park
November/December	Outdoor Rink Set Up at Flavelle Park
Mid-December	Fairview Community Lights Festival
December 2025*	Bowling with Santa at Toppler Bowl

*Exact dates will be confirmed closer to the event.

Get up to-to-date news on events, programs and more by signing up for our e-news at fairviewcommunity.ca/subscribe.

Watch for confirmation and more information on these events and more by visiting our website and social media pages (Instagram @fairviewyyc, and Facebook @Fairview Community). If you have questions, suggestions or are interested in contributing and volunteering for any event, please message us at events@fairviewcommunity.ca or call 403-252-5424. Let's have fun together!





GAMES & PUZZLES

Guess the Flower!

- 1. This flower's colour depends on the acidity of the soil.
- Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
- 3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
- This prickly pink plant became Alberta's floral emblem in 1930.
- 5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth approximately 300 million years!
- 6. This flower's Greek name, Galanthus, translates to "milk flower".



SCAN THE QR CODE FOR THE

Good Food Box Program 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 approximately 15 to 20lbs of fruits and vegetables
- Medium Box: \$35 approximately 25 to 30lbs of fruits and vegetables
- Large Box: \$40 approximately 35 to 40lbs of fruits and vegetables

Orders and deliveries for Fairview are currently scheduled for:

Order Date	Delivery Date (Wednesday)
May 6	May 14
June 3	June 11
July 15	July 23
August 12	August 20
September 9	September 17
September 30	October 8
October 28	November 5
December 2	December 10

*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 blairfasanyyc@gmail.com with any guestions.

The Good Food Box (GFE) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at affordable pricing. The Good Food Box program is a hands-up program as opposed to handsout.

Fairview 60+ Collective Spring Update

Our Winter Watercolours session was a success! Our instructor, Brittney, said the participants loved the class so much, they even showed up on the coldest of days.

Here's what participants had to say:

- "I'm no artist, but the watercolour class was fun and interesting."
- "My idea of watercolour was certainly not what it really is."
- "It was nice meeting people in the neighbourhood.
 We were so lucky to have such a talented and renowned artist as an instructor."
- "The watercolour course was so enjoyable and really accessible to all levels of proficiency."
- "I met a lot of neighbours and loved seeing how all of us kept getting better with each class. Brittney was such a wonderful and patient instructor and so kind"
- "I found the class was very meditative once we got into the groove of painting something."

Maybe we'll see some pictures of the works of art from this session in future newsletters.

Thanks so much to Alicia for coordinating these 60+ events and thanks to the Community Association for funding them.

It's great to be a senior in Fairview!

Pickleball may be on the horizon – are you interested?





Fairview Community Association Charity Casino Volunteer Sign-Up

Your Fairview Community Association is hosting our fundraising casino Friday, May 9 and Saturday, May 10. The funds raised will enable us to fund more improvements and events within our amazing community!

This is the largest fundraiser for our community association, and we need volunteers to fill a variety of positions that will make it a success. No experience is needed, and it is good fun!

The casino will be at Elbow River Casino (218 18 Ave SE, Calgary, ABT2G 1L1) on Friday, May 9 and Saturday, May 10.

- We need to fill both day and night shifts on each day.
- Free parking is available for volunteers.
- Each volunteer receives a meal at the casino during their shift as well as snacks and beverages.
- We can assist with transportation if needed.

To help your community as a volunteer, please go to our webpage fairviewcommunity.ca/casino for the signup link and full details.

For more information or questions, please contact our Treasurer Les Sorenson at treasurer@fairviewcommunity.ca.



Wine and Cheese Silent Auction

Did you know the Fairview Community Association is turning 65 this year?!

To help celebrate Fairview Community Association's 65th anniversary, the Wine and Cheese Committee wants to spotlight Fairviewians! We are looking for talented Fairview Artisans interested in donating to the silent auction for the Annual Wine and Cheese event. Whether you are an artist, baker, or welder, we'd love to showcase your talents and raise some funds for the community. The silent auction helps raise funds that are used towards building up the Sparking Lot space, putting on events like the Fall Family Movie Night, Spring Cleanup, 60+ Collective Seniors programs, and other awesome programs and events!

We are immensely grateful for all the support from Fairview residents and want to support our local artisans and businesses.

Please reach out to

michelle.stensrud@fairviewcommunity.ca to find out more information and arrange a donation.



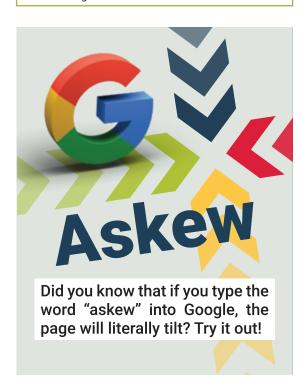
Annual Membership Drive April 5 to 27

Our community association is made up of dedicated volunteers working to create a welcoming and vibrant environment for residents of all ages. But we can't do it without your support!

Watch for our volunteers from April 5 to April 27 on a street near you. Memberships are only \$20 and will be available for purchase right at your own front door.

Thanks to all the residents who have already purchased their memberships to support the work of our Association!

If you miss our volunteers, you can still purchase a membership today by visiting https://fairviewcommunity.ca/membership or call our office at 403-252-5424 and leave a message or email us at membership@fairviewcommunity.ca. You can also talk to any member of the Board at any time about our community association, membership, or volunteering.



For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

FAIRVIEW MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

FAIRVIEW CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Fairview. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

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, 403-269-2707.

BUSINESS CLASSIFIEDS

PAINTER SERVICING FAIRVIEW: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

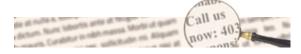
AFFORDABLE DENTAL CARE MINUTES FROM FAIRVIEW! No fluff, No frills, Accessible and Essential Dentistry! All Insurances Accepted OAC. Tax Receipts Issued. Why Not Save Money, Smile Wider And Live Better? Come In For Your Free Goodie Bag. Call Today 403 287 6453 or 403 272 7272 or Visit www. calgarydentalcenters.com. Serving Calgarians Over 35 Years! Thank You.

10 & 15 YARD BIN RENTALS, STARTING AT \$150: Our bins are the perfect size for your driveway, and we provide wood for protection. Contractors or homeowners, we have you covered for renos, move-out or to declutter as either a short or long-term rental. Ask about our one-week rental special. Call Stu at 403-540-2255.

HERITAGE WEST PLUMBING AND HEATING: Furnace, boilers, and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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403-714-0711 gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

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News, Events, & More





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.

Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet.
 Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a "Y" below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.









We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

- facebook.com/elderdogyyc
- @ @elderdogyyc
- elderdog.ca

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