

JANUARY 2025

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FAIRVIEW in Focus

THE OFFICIAL FAIRVIEW COMMUNITY NEWSLETTER



**BOARD MEETING
FEBRUARY 4**

Cover Photo by Kevin Saruwatari

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Dr. LeVasseur

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☎ 403-262-2958
✉ hello@heslaoptometry.com
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Bear, *Palliser*



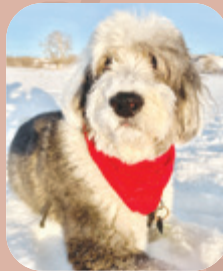
Buster, *Hamptons*



Lizzy, *Huntington Hills*



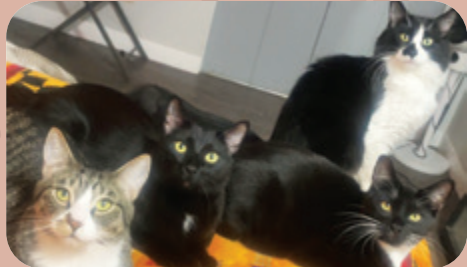
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

To have your pet featured, email news@mycalgary.com



Membership Update

Membership

Community Association memberships expire on the last day of February each year. You can purchase a membership anytime during the year.

How do you purchase a membership? It's simple; just pick one of these convenient ways to get a current membership:

1. Fill out this paper form and mail along with payment to: Box 78053, RPO Heritage, Calgary, AB T2H 2Y1.
2. Complete the whole process online at fairviewcommunity.ca/membership in less than a minute via PayPal. A physical membership card will be dropped off for you shortly after your purchase.
3. Email membership@fairviewcommunity.ca and one of our volunteers can drop off a membership and pick up your payment (contactless).
4. Phone 403-252-5424 and leave a message with your name and phone number, stating that you'd like to buy a membership. A board member will return your call and set up a time for a contactless drop off of your membership card and pick up of your payment.

Be a Part of Your Community Association Today!

**A GOOD
REASON TO
JOIN TODAY!**

Enjoy Programs, Events, and Services for All Ages

Community associations offer free or low-cost programs to enhance community life. Examples include senior coffee and chats, youth programs, skating, basketball, community cleanups, and so much more!

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 adults and any number of children under the age of 18 living at the same residence)

Yes, we are interested in volunteering

Yes, I am interested in receiving updates by email



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
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.

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Mail: Fairview Community Association
Box 78053, RPO Heritage
Calgary, AB T2H 2Y1

Messages: 403-252-5424
Email: office@fairviewcommunity.ca
Website: www.fairviewcommunity.ca

Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

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.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.



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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, 403-471-9004 B
- Mia, 587-998-9868 B • Julia, 587-573-0375 B
- Catie, 403-230-7662 B • Ayden, 587-891-7477 B
- Ryleigh, 825-561-6083 A • Eric, 403-554-5890 B

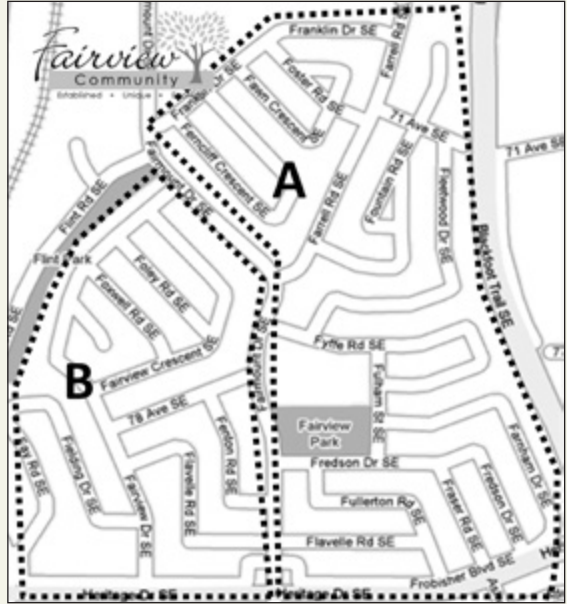
Pet Sitters

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

Snow Shoveling

- Charlie, 403-819-6785 A • Jade, 403-808-9413 A
- Blair, 825-882-5557 A • Ayden, 587-891-7477 B
- Adam, 403-629-5672 B • Danica, 403-408-6610 B
- Mason, 403-607-6610 B • Sam, 403-608-4688 B
- Eric, 403-554-5890 B

The Fairview Community Association accepts no responsibility as a regulatory body and does not endorse or screen any of the people who are listed in or who use this directory. Information provided is used solely in "Fairview In Focus" and can be discontinued upon request. To add, change, or remove information from the directory, call 403-252-5424 or email news@fairviewcommunity.ca.



BRAIN GAMES SUDOKU

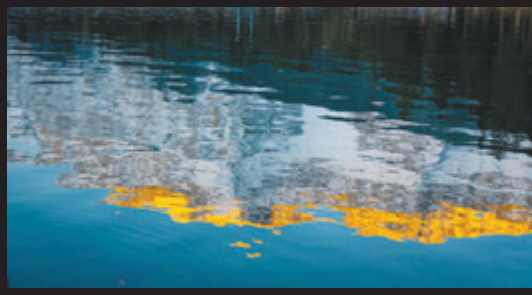
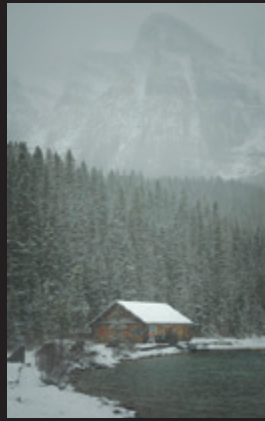
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SCAN THE QR CODE FOR THE SOLUTION



Photo Gallery

by Jirapan Nilmanee (Mik)



UPCOMING COMMUNITY EVENTS AND ACTIVITIES

Fairview Community Association Board Meeting

- Tuesday, January 7, 2025, 7:00 pm
 - Tuesday, February 4, 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.

Flavelle Park Outdoor Rink

Winter Season Flavelle Park

Volunteers are needed for the Outdoor Rink season. With the help of our volunteers, the rink has been built, flooded, and the benches and firepit are ready for the season. Ongoing maintenance is required throughout the season for general clean up, patching, and flooding. No experience is required, we will show you everything you need to know. Contact rink@fairviewcommunity.ca or join our Flavelle Rink Crew Facebook page to get involved.

Watch for more information on these events and more by visiting our website and social media pages (Instagram @fairviewyc, 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!



SCAN HERE TO VIEW ADDITIONAL FAIRVIEW CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

Good Food Box in Fairview

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

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

Box options include

Small Box: \$30 – 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)
January 21	January 29
February 18	February 26
March 11	March 19
April 1	April 9
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 questions.



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Fairview Real Estate Update

Last 12 Months Fairview

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2024	\$574,649	\$570,000
October 2024	\$565,000	\$552,500
September 2024	\$669,900	\$660,500
August 2024	\$634,950	\$655,000
July 2024	\$626,950	\$615,500
June 2024	\$684,900	\$667,500
May 2024	\$605,000	\$607,500
April 2024	\$597,450	\$642,000
March 2024	\$649,900	\$700,000
February 2024	\$674,450	\$662,500
January 2024	\$539,450	\$621,500
December 2023	\$538,950	\$519,000

Last 12 Months Fairview

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2024	0	3
October 2024	7	6
September 2024	3	3
August 2024	10	8
July 2024	5	8
June 2024	6	2
May 2024	7	8
April 2024	8	8
March 2024	7	5
February 2024	1	4
January 2024	5	2
December 2023	0	2

To view more detailed information that comprise the above
MLS averages please visit fair.mycalgary.com



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A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes.

Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.



How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | info@nancybergeron.ca



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovian

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Silvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or break opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

Bad: "I'm a software engineer at Yoyodyne."

Good: "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

Bad: "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.

Good: "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

Consider "Hooks"

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

Bad: "I'm a financial lawyer."

Good: "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

Highlight Your Unique Journey

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."



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Calgary, AB T2X 1M2
📞 403-225-3480 📠 403-255-3504
✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Happy New Year, Calgary Midnapore!

It's hard to believe that 2025 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the New Year with those closest to you!

As we enter 2025, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees, and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at www.StephanieKusieMP.ca and navigate to the correct service tab to ensure my office can assist you in a timely manner.

During the holiday season, I partnered with the Calgary Food Bank and Project Warmth Society of Alberta to donate much needed food and winter clothing for those in need in our city. Thank you to all constituents who were able to stop by my office and donate – it is always wonderful to see our community come together and support those who need it most.

My Conservative colleagues and I are heading into the new Parliamentary Session ready to fight for Canadians and lower the cost of living. We will continue to hold the government to account and ensure the voices of everyday workers and seniors are heard in the House of Commons.

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

May 2025 be a year of good health and prosperity for you and your family.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

YOUR CITY OF CALGARY

Protect Your Household Water Lines and Meter from Freezing

by the City of Calgary

Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.



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