



December 2019

# MESSENGER

## Celebrating Art in Candler Park

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# The History Behind CPNO and the Candler Park Conservancy Relationship

*By Dana Fowle, [president@candlerpark.org](mailto:president@candlerpark.org)*

Sometimes good relationships have been around so long that you forget how the two got together. And so it is with the Candler Park Neighborhood Organization and its companion the Candler Park Conservancy.

I think a long-time resident and board member said it best, “The Conservancy is our child. We birthed it.” He’s right and this is why we have a responsibility to help it do well.

A little history: In 2013 CPNO created a master plan for the community. The 98-page road map (which I highly encourage you to read) covers a lot of ideas to advance the quality of life in Candler Park – improve traffic corridors, fix the sidewalks, add a security patrol, and create monthly porch parties. This is all happening.

Now, jump to page 68 and you'll see a section dedicated to creating the Candler Park Conservancy. The master plan laid out for the future Conservancy a 22-point punch list "to manage, improve and promote the park." Very specifically, the plan called for "new amphitheater seating on the existing slope" by the pool.

By 2016, the Candler Park Conservancy was formed and CPNO helped it to fund its vision plan. Go to their website and look at that, too. It's really exciting, but projects like that don't happen without a lot of money. A lot of it.

Every January the neighborhood organization's board takes a proposed annual budget to membership. With our growing coffers we've been able to do a lot lately to help patch the budgets of projects near and dear to us - Grady Cluster,

# PRESIDENTIAL BRIEFING

Mary Lin PTA, Little 5 Points mini police precinct, BiRacial History Project, Mulberry Fields and so many more.

But we also need to focus our financial efforts on large projects that have community-wide impact. This is why our membership has chosen to give generously to the Conservancy's recent request for funding an element of its vision plan.

The Candler Park Conservancy has applied for a large Park Pride grant for construction of Phase 1 of the active lawn and amphitheater project. The Conservancy reports that it will dedicate \$25,000 of its own money to a fundraising campaign. At the November CPNO meeting, membership voted to approve a \$50,000 donation plus a percentage of proceeds from Fall Fest 2020 with the hope of having Phase 1 completed by 2021.

This is what partners do – work together. But, as with any long-term relationship, there must be balanced reciprocity for it to stay healthy. In return for continued funding for mutually beneficial projects, CPNO encourages transparency as Phase 1 progresses. Monthly visits to either the board or membership meetings to update us on construction should be a regular agenda item. And respect for each other's opinions and critiques should be valued.

Hopefully, in little more than a year, we can meet in the park on our new eco-friendly running path, and raise a glass to the renovated active lawn that is designed to bring us all together.

The mission of the **Candler Park Neighborhood Organization** is to promote the common good and general welfare in the neighborhood known as Candler Park in the city of Atlanta.

## BOARD of DIRECTORS

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Find a complete list of CPNO committee chairs, representatives and other contacts at [www.candlerpark.org](http://www.candlerpark.org).

## MEETINGS

CPNO Members Meetings are held every third Monday at First Existentialist Congregation, 470 Candler Park Drive.

Committee meetings take place at The Neighborhood Church, 1561 McLendon Ave., unless otherwise announced (enter from the street level door and ring the bell if you're late).

All are welcome. Only registered members are eligible to vote at monthly meetings. Membership applications must be received by Membership Officer by the first day of the month of meeting.

Find specific meeting information on page 6 and a complete list of CPNO meetings at [www.candlerpark.org](http://www.candlerpark.org).

## MEMBERSHIP

CPNO membership is free to Candler Park residents, property owners and businesses. Membership must be renewed annually.

Sign up at [www.candlerpark.org](http://www.candlerpark.org) or mail name,  
address, and email to

**CPNO Membership**  
PO Box 5418, Atlanta, GA 31107

## DATES TO REMEMBER

### DECEMBER

- 6 – 8** “Lost: But Found” exhibit at 378 art gallery, 378 Clifton Road
- 7** Santa visits Park Realty, 1 – 5 pm
- 9** CPNO Board Meeting, 7 pm, The Neighborhood Church
- 14** Lake Claire Holiday Arts and Crafts Fair, 9am – 3 pm, Frazer Center
- 15** Deadline to submit content for January Messenger!
- 16** CPNO Members Meeting, 7 pm, 1st Existentialist Church

*In case of cancellations or changes, check CPNO's Upcoming Events list at [candlerpark.org](http://candlerpark.org). All CPNO meetings are open to the public.*

## 378 Art Gallery Presents Rock'n'Roll Themed Exhibit

Source: 378 Art Gallery

378 presents the exhibit “Lost: But Found” on Friday, December 6th through Sunday, December 8th. Right behind the Flying Biscuit, this new art and performance venue at 378 Clifton Avenue adds a new layer of interest to Candler Park village. Mark your calendars and plan to attend the opening of its newest unique show. Curated by longtime music journalist Tony Paris, the exhibit includes original artwork by folk artist Abe Partridge and paintings and furniture from artist Tracey Hartley as well as rock’n’roll poster art, photography and memorabilia from the collections of Paris, photographer Rick Diamond and concert promoter Rich Floyd.

The opening reception on Friday, December 6 from 6 – 10 pm will feature a live performance in the Lo Gallery by Partridge at 8:30 p.m. The reception will begin with a Q & A between Diamond and Paris on Diamond’s beginnings in Atlanta as a rock photographer, followed by a conversation with Partridge and Hartley discussing their artwork.

Abe Partridge is a highly acclaimed singer/songwriter and folk artist based in Mobile, Alabama. Partridge’s art work is acrylic on roofing tar that has been thinly applied to plywood and cured for 30 days. He then carves his images in the tar with a screw driver or an ice pick, then paints the tar with acrylic paints. Partridge’s art has been exhibited in galleries around the Southeast including “Urban Wild,” a collection of Folk and Street Art in the South at The Alabama Contemporary Art Center in Mobile. His debut CD, Cotton Fields and Blood For Days, was

released in January of 2018 to rave reviews, with Paris one of the first to herald his songwriting and his art.

Tracy Hartley is an Atlanta-based artist who creates one-of-a-kind pieces of sustainable furniture and functional art from salvaged and recycled materials such as rusty tin roofing and discarded wood pallets. He is completely self-taught. While some may consider his pieces folk art, he prefers to call it “Urban Southern Art.” He primarily works on commission and his work can be found in restaurants and homes around the Southeast. Like Partridge, Hartley grew up in Mobile before making Atlanta his home.

Rick Diamond is considered the pre-eminent rock’n’roll photographer in Atlanta. He has shot concerts relentlessly for over forty years with his images published in magazines and newspapers the world over, as well as being used for press photos and album covers. He’s captured images of Allman Brothers Band, DJ Khaled, Elton John, Florida Georgia Line, Lady Gaga, Luke Bryan, Lynyrd Skynyrd, Michael Jackson, Oprah Winfrey, Usher, Willie Nelson, Bruce Springsteen and thousands more. A selection of his prints including those of Johnny Rotten performing with the Sex Pistols at the Great Southeast Music Hall, Todd Rundgren and Utopia performing at the Fox Theatre; and many more will be on exhibition.

Tony Paris is an Atlanta native who has been writing about music since the mid ‘70s. He was the music editor of Creative Loafing in the ‘80s and ‘90s covering Atlanta and Athens’ then-burgeoning local music scene while also contributing to national outlets such as Creem and Musician. In 2017, Paris returned to Creative Loafing where is now the managing editor. Paris began collecting rock memorabilia in the late ‘60s while still in grade school and will be bringing a selection from his extensive archives, including, but not limited to, rock ‘n’ roll items and early works by renowned Atlanta painter Sister Louisa.

Rich Floyd is known as a longtime Atlanta-based concert promoter. Once co-owner of the legendary music club, Richards, he also opened Atlanta’s famed Agora Ballroom. Items from his years in the music business will also be exhibited, The Bluesmen — a set of photographs of Howlin’ Wolf, B.B. King, Bo Diddley, and Albert King – that hung behind the bar at Richards.

For more information:

<https://abepartridge.com/folk-art>

[tracyhartley.blogspot.com](http://tracyhartley.blogspot.com)

**GALLERY 378** **ART TALK w/ MUSIC BY: ABE PARTRIDGE**  
**DEC 6 6-10 PM**

**LOST: BUT FOUND**  
**EXHIBIT**

**DEC 6, 7, & 8**  
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## Join Your Neighbors in a Holiday Bake-off

Competition may be stiff, but a variety of sweet treats are sure to delight at the 2nd annual holiday bakeoff on December 16 at 7 pm at the CPNO meeting at the First E Church. The dessert extravaganza is open to all neighbors. Bring your favorite holiday dessert to share and enjoy the baking talents of your neighbors. Secret judges will sample all. At the end of the meeting, winners will be announced and prizes awarded.



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The Messenger is the monthly newsletter of the Candler Park Neighborhood Organization. Articles reflect the opinions of authors, and not necessarily those of CPNO, the CPNO Board of Directors, the Messenger or the editor.

Articles must be signed and submitted via email to [editor@candlerpark.org](mailto:editor@candlerpark.org) by the 18th of the month prior to publication.

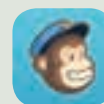
If you have a news tip or story idea, please email relevant information including contacts to [editor@candlerpark.org](mailto:editor@candlerpark.org) or call the editor.

If you live in CP or own a business in CP, and aren't receiving the Messenger by mail, be sure to notify us! Send your name and address to [editor@candlerpark.org](mailto:editor@candlerpark.org). Place the words "Messenger Delivery" in the subject line.

## CP ONLINE

For the most up-to-date information on Candler Park events and news, check us out on the Web at [candlerpark.org](http://candlerpark.org).

## JOIN CPNO TO GET EMAIL BLASTS



To receive informative email blasts, sign up online to become a CPNO member. We don't spam!

## MESSAGES & CRIME ON NEXTDOOR



Join the Candler Park group at [candlerpark.nextdoor.com](http://candlerpark.nextdoor.com) to keep up on crime reports and other messages.

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## Recent Porch Party Featured Brunch and Fabulous Fall Weather!

The Membership Committee would like to send out a special THANK YOU to Maria Crawford for the lovely Brunch Porch Party that she hosted Saturday November 16th - we had a fun group and enjoyed everyone's delicious treats that they brought to share.

Photos credit: Jennifer Wilds





# Santa is Coming....

Source: Park Realty



HO! HO! HO! Santa is coming to Park Realty in Candler Park Village again this December. He will arrive at the Park Realty office at 1:00 p.m. and will stay until 5:00 p.m. on Saturday, December 7. (Don't worry sports fans, we will have the SEC Championship on, so you won't miss a play!)

John Morgan and Drew Jackson, the owners of Park Realty, have hosted this event every year since 2016. When asked about this event, John Morgan said, "It is one of our favorite events we host all year. You can bring your kiddos and your pets and have your picture made with Santa without ever having to leave the neighborhood! You can forget the hustle and bustle and just join your neighbors for holiday fun." There will be music playing, cups of holiday cheer served, and fun activities for the children.

All proceeds will again go to the Candler Park Conservancy. Last year we raised over \$600 for the conservancy. Help us raise more this year! Drew Jackson said, "We chose Candler Park Conservancy as the recipient of our donations because Candler Park is such a central part of our vibrant neighborhood and we want to support it and the Candler Park Conservancy in any way that we can."

The pictures will be returned quickly so that you can use them for Holiday cards if you wish.

Everyone is welcome. Families of all kinds and individuals with kids, no kids,

pets, or no pets. Just come and have your picture made with Santa and spend some time with friends in the heart of your neighborhood!

If you have any questions, want to help us with hosting, or have any home-related questions, shoot an email to [info@parkrealtyatlanta.com](mailto:info@parkrealtyatlanta.com) or call Park Realty at 877-249-8533.

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# Maintain Your Sanity by Managing Your Holiday To-Do List

By Tamara Vrooman Lucas, local mom and co-founder of Bamboo Services

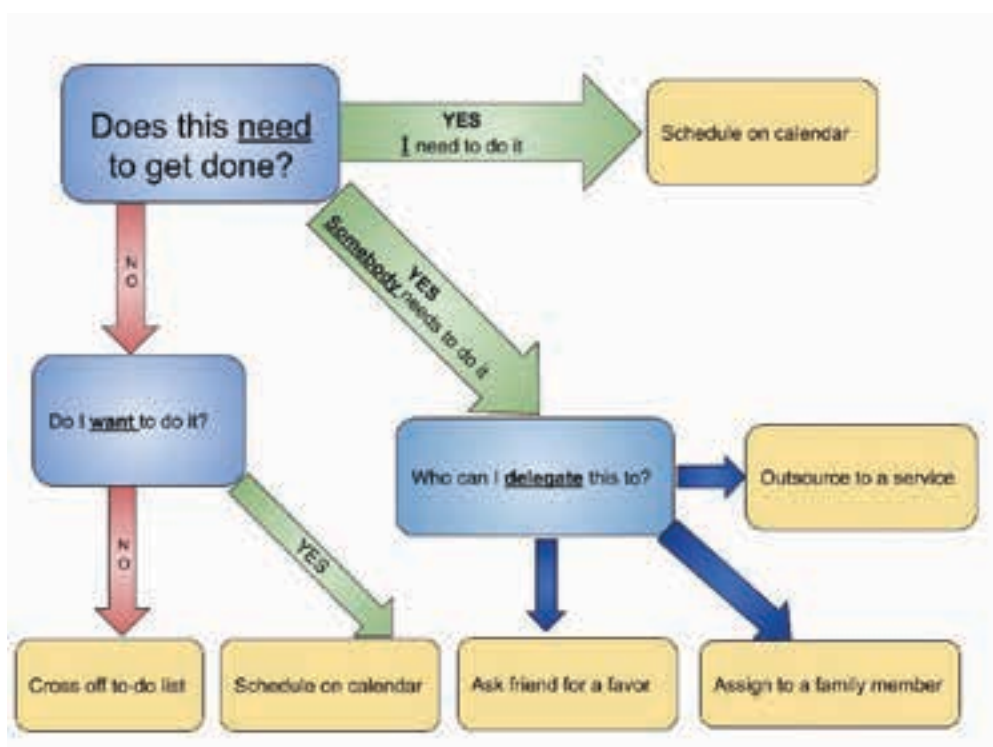
Ah, the holidays! A time to capture the magic of a child's smile, breathe in the smells of baked treats, revel in the joy of giving, gather with dear friends and family and treasure tradition. Or, perhaps not. For so many of us the holidays just result in to-do lists that are beyond overwhelming. We already have more responsibilities than we can manage, we feel as if we will never get caught up.

Halloween passes and then the rest of the holiday season looms ahead. The list grows... holiday meal planning, travel arrangements, gift lists created, gift shopping, holiday cards need to be written, addressed and mailed, decorations pulled out of the attic and then put up, all those gifts to be wrapped and shipped out (or hidden from prying eyes). If you are working, you have the added pressure of completing all the work necessary so you can relax over the few days you have off with family. And all the while you still have laundry to fold, meals to plan, sick animals to take to the vet, trash to be taken out, homework to help with, cars to clean and social obligations.

In order to maintain some sense of sanity, we need to find a way to manage our to-do list, prioritize everything we need to do and delegate what we can. The first step is to slow down and do a complete brain dump, writing down everything that comes across our minds as we plan for the holiday season. You won't want to do this; you will want to press full-steam ahead. But, taking 30 min to sit and write down everything that you think of is like taking the time to find the correct address and put it in your GPS. You can just start driving around like crazy and figure it out as you go, or you can plan ahead of time and figure out exactly where you are going.

As you decide on the items that you need to get done, schedule them on your calendar. Allocate yourself enough time to get it done, find a time on the calendar and set an appointment for yourself. Honor these appointments like you would an appointment with a doctor or a co-worker. Respect your time as much as you respect other's time.

Once you have written every little thing down, ask the question "Does this need to get done?" Really think about it, if it does not need to get done, then ask if you want to do it? If you do not want to do it, then cross it off your list, forget about it and move forward. Even if your cousin Ed may complain that you didn't decorate the table with the polished silverware, move forward, that is Ed's story to work through, not yours.



If it does not need to get done, but you answered that you want to do it, then DO it! If it brings you joy, then find the time to make it happen. Making your Grandmother's favorite baked holiday treat may not be necessary but it may be the thing that gets you to smile and reflect on memories and relationships. Be sure to schedule these things that bring you happiness on your calendar, they are just as important as the required tasks that just need to get done.

If you answer that something does need to get done, then determine if it is something that you absolutely must get done, or if it is something that somebody else can do. We used to live in villages where everyone in the community would chip in and work together. In this day and age, we are more isolated and feel that we must singularly get everything done. It is not possible and we need to relinquish this fantasy, we are driving ourselves crazy trying to do it all. We can and must ask for help.

If you need to get your holiday party dress altered and you need to get measured to do so, you need to put that on your personal calendar. If you need to wrap 118 presents for your family, friends and co-workers, you absolutely can delegate that to someone. Truly think through every item and lean on the resources in your community to help you.

Many of us are lucky enough to have friends who have some extra time and who love helping others out, if you have such people in your life, ask them to help! Our partners and children are another resource to pull into Holiday planning. Involving family in Holiday prep helps establish family traditions and memories. Find ways to make the preparations fun and age appropriate and beware of falling into self-martyrdom and suffering through doing everything on your own by refusing to assign tasks to family.

And finally, look to the many resources in the community that are there to help busy people. Order your groceries through a grocery delivery service, hire a service to help clean your house, order some pre-made appetizers or pies from the local bakery. Our community has the resources to help us, we just need to know where to look and have the wisdom to ask for help when we need it.

Tamara Vrooman Lucas is the COO and co-founder of Bamboo Services, a hyper-local business that hires Personal Assistants on Demand (PANDAs) to work within their community to help those who need an extra set of hands, particularly during the holidays! Download the Bamboo Services app and learn more at [www.bookapanda.com](http://www.bookapanda.com).



# Neighbors Enjoy Social Time and Potluck Feast at CPNO Meeting

Neighbors brought a variety of delicious dishes to share at the CPNO annual membership meeting on November 18. Do you recognize and know the people in these photos? If not, consider attending a CPNO meeting, porch party, or other CPNO sponsored event to get to know your neighbors and connect with your neighborhood! Also, volunteering helps you connect and make our community even better. Of urgent need are volunteers to serve on the Fall Fest committee for 2020 – it will be the 20th anniversary event!





# Keep it Simple this Holiday

By Stephanie Andrews,  
Balance Design founder and  
Candler Park resident

This may be one of the shortest times between Thanksgiving (November 28th) and Hanukkah (begins December 22nd) and Christmas (December 25th). We wanted to offer some great decor ideas to keep it simple, minimalist, yet still warm and cozy. So if you want some low stress, easy yet elegant ideas read on.

We hope that you have a wonderful holiday season. Low stress elegance adds to the joy of the season. You got this!

Stephanie Andrews is the founder of Balance Design, a full service interior design firm in the heart of Candler Park Village. [www.balancedesignatlanta.com](http://www.balancedesignatlanta.com)



## Apple Votive Holders

In Georgia, we often have some good weather during the holidays, so that you can sometimes even eat outside! Even if you do not, these easy apple votives are perfect for a Thanksgiving table display. Photo courtesy of womensday.com.



## Large Glass Vessels

Clear vases and vessels can hold natural winter accessories is a great way to start early, without looking like too much holiday. Photo courtesy of Home Wow Décor.



## Charcuterie Boards

Our own Shelby Adamson, is the queen of the charcuterie boards! Just get an oversized cutting board and add meat, cheese, olives, nuts, and fruit for a beautiful, abundant Thanksgiving tray. Photo courtesy of Pinterest.



## Bring the Outdoors In!

The beauty of nature-it smells amazing and creates a comfortable, easy going way to show your holiday spirit. Photos courtesy of Home Wow Décor, Instagram, and Ideacoration.



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READY FOR THE  
HOLIDAYS?**



# Eat More Colors Mural Celebrated and Dedicated

By Susan Rose, [editor@candlerpark.org](mailto:editor@candlerpark.org)

Mary Lin 2nd and 3rd graders singing “The Rainbow Connection” (from the 1979 Muppet Movie) was a fitting way to celebrate and dedicate the “Eat More Colors” mural on the side of Candler Park Market (CPM) on November 16. More than 100 Grady Cluster students painted the mural over several weeks in October and November. In conjunction with the Candler Park Art block event, the training chorus sang and played ukuleles under the direction of music teachers Emily Backus and Sandy Wade and in front of several dozen parents and neighbors – many were misty-eyed from the sweetness of the performance.

Earlier in the school year, Mary Lin art teacher Liz Sullivan learned of the CPM grant seeking a new mural for the side of the building facing Fellini’s. Sullivan applied for it, won it and moved quickly to mobilize other Grady Cluster art teachers and students to join the project. She said that “Eat More Colors” came to mind one morning as the theme for the art and other cluster teachers joined in to create the design. Students from Mary Lin, Spark, Morningside, Hope Hill, Inman and Grady contributed to the effort.

On behalf of CPM, store manager Denise Howe thanked students, staff, and parents for the beautiful art that captures the essence of the market, including the candy that many children enjoy after school. After the performance, the students enjoyed cupcakes complimentary of CPM and baked at Grant Park Market. A sweet end to a sweet dedication and performance.



▲ Mary Lin music teacher Emily Backus prepares to lead students in performance.



▲ Mary Lin students get ready to play ukeleles provided by Mary Lin Foundation.



▲ Mary Lin students sing and play “Rainbow Connection.”



▲ Candler Park Market manager Denise Howe thanks Grady Cluster students for time and talent in painting the mural.



▲ All smiles for cupcakes!



▲ CPM manager Denise Howe treats students to cupcakes baked at sister store Grant Park Market.

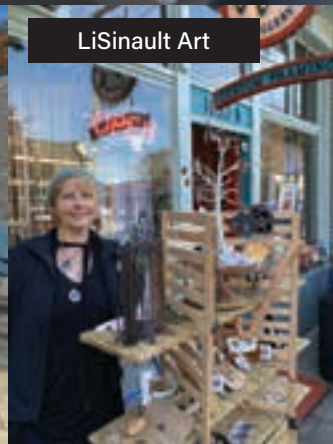


# Candler Park Art Block Shows Off Artists and Makers

By Susan Rose, [editor@candlerpark.org](mailto:editor@candlerpark.org)

On November 16 the sidewalks of Candler Park business district (aka village) were filled with local artists and makers showing their creations as part of the third annual Candler Park Art Block. Created by Julie Odom and Kat Wiggins, owner of Moog Gallery and Customer Framing, the event was a day to celebrate local art and our CP businesses. It also provided many folks a unique start for their holiday shopping!

Photos credit: Susan Rose





# Candler Park Forever Helps Seniors Be Active and Engaged

By Lexa King, [safety@candlerpark.org](mailto:safety@candlerpark.org)

Take a good look at this photo. What do you see? A bunch of Seniors feeling sorry for themselves because they are aging? Hardly. How about a group of Seniors, led by Jane Fonda, joyously celebrating being a force for change on the planet? This was taken of some of the recent protesters in Washington who do not accept that there is nothing to do about climate change and demanding that our country get in action. Some of my friends from Grandmothers for Peace went up to DC this week to participate in this action. A lot of women from GFP have been activists and protesters all of their lives. No telling how many times some of them have been arrested. I admire them greatly.

Here's the point: It's not too late. There are activities and actions that are searching for people to participate. You meet great people and you can actually make a difference. And protesting and getting arrested is not your only option, in case that's not your thing. There are phone calls to make, letters to write, money to raise and people to engage. What causes speak to you? Climate change? Education? Children? Senior Services? The Homeless? There are non-profits who need help. Reach out or let us help find a group for you.

Many aging folks suffer from loneliness and depression. That is not a requirement of aging. If you would like someone to check in on you, keep you company once a week or call you every few days to confirm your status, we have volunteers who would love to do that. Civic involvement is only one of many ways to be engaged. Maybe some friendly, weekly games of Gin Rummy is more your speed. Or perhaps someone to read news items to you.



Photo credit: Francis Chung/E&E News

In January we plan to start a new Candler Park Forever activity. In 2020 we plan to offer monthly information sessions geared toward Seniors. In January the theme will be "Everything You Should Know About Maximizing Your Social Security". There are tricks about when to activate your payments, taking your spouse's payments into consideration and many other things. I have been divorced since 1978, so when my ex died a few years ago I was happy someone told me to inform Social Security. We had been married a little over 10 years. Because of that relationship, I receive an extra \$100+ per month! Not everyone knows to do that. I didn't until I was told!

These monthly sessions will be on a weekday, perhaps Wednesday or Thursday, probably at 10:00 AM at a local location. Stay tuned and we will let you know the exact time and place for January. For these to be successful, we need participation, so we hope

to see you there. Even if you are not yet eligible to receive SS, you may very well benefit from this information, so please join us. We are also seeking topics for future gatherings. If you know an expert who would like to enlighten us on a topic of interest to seniors, please send us their contact info. We want our residents to be well informed and supported.

In closing, the Holidays are upon us. Do you have a place to go? Do you dread spending the time alone? Reach out to us. We're a friendly group. We want to help. We may know some good options for you or be able to help fill a void. Please, let us. Contact us at [safety@candlerpark.org](mailto:safety@candlerpark.org). Our December meeting will be on December 12. email us if you would like the location.



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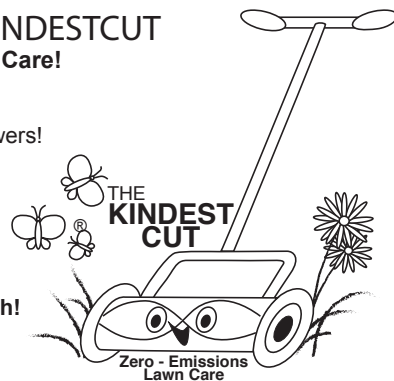
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# Tips for Keeping Your Health Game on Point During Holiday Travels

*By Gail Turner-Cooper, Candler Park Resident and Certified Health Coach*

As the warmer weather wanes and cooler weather comes round the corner, one thing seems to be on everyone's mind: the holidays are near. As the busy holiday season approaches, so does the travel that comes with it.

Holiday traveling can mean many joyful things. Seeing distant family, old friends, and of course, all of those beloved mealtime traditions. However, it can also pose a threat to all the health gains you've made in the past year. Stick to these pointers to avoid veering too far off the path you've made for yourself during the next few months.

## 1. Try to stick (as much as you can) to your same normal health routine

For example, if you eat your meals at a certain time each day, try to do the thing while traveling. Follow similar bedtime and morning routines wherever you're staying, even if it means bringing your own pillow with you on the road because you know you can't get those Zzz's without it. No shame.

## 2. Drink plenty of water

This one always holds true. Traveling takes a lot out of a person and stresses out the immune system. Staying hydrated will keep you strong and healthy, as well as less stressed and bloated.

## 3. Get your exercise in wherever you can

If you're a regular gym-goer, your fitness might get severely interrupted during holiday travels and family visits. However, think of it as an opportunity to switch up your routine! Walking around the neighborhood or exploring local parks is a great way to stay active. Not to mention—if your family has small kids around, you won't have a hard time staying active. Pack sneakers and find ways to stay on your feet. Wherever you are, just keep moving!

## 4. Prepare your snacks ahead of time

Whether you're traveling by car or plane, the food available in transit is never the stuff your body really needs. Pack some fruits, chopped veggies, crackers or nuts in to-go containers or small bags to have ready on-the-go to avoid the temptation of those airport or gas station snacks.

## 5. Don't forget your supplements

Boost up on your Vitamin C and remember a



quality probiotic. Keep in mind the temperature if you're traveling in hot locales may require you to keep supplements on your person rather than in a checked bag.

## 6. Keep your immune system in mind

Pack a healthy sanitizer, like doTERRA On Guard to minimize the effects of seasonal threats. Rub in a drop on your palms when you feel like your immune system might need a little boost. Please avoid the commercial hand sanitizers on the market. You can also bring along elderberry syrup if you are traveling via a car – try to keep it cold.

## 7. Sleep! Sleep! Sleep!

The holidays are a time for fun with family and friends, but they're also a time for relaxing and catching up on sleep. Try to get 8 hours of shut eye for restoration and immune support each night, and maybe even let yourself sneak a nap in every now and then if you have time off work. It may be hard to sleep in an unfamiliar bed, so try the 4-7-

8 breathing technique. Your body, and immune system, will thank you.

## 8. Have fun

It's the holiday season after all! Go easy on yourself, enjoy your time off and quality time with loved ones, and take advantage of the season's offerings. With a little bit of moderation on your side, you'll get through the season but in the end you can't judge yourself for decisions you make. You can only make better decisions moving forward.

There's always New Year's resolutions, after all.

Gail Turner-Cooper is a certified health coach and the founder of Align Health Coaching based in Atlanta. You can learn more about her and Align Health at [www.alignhealthcoaching.com](http://www.alignhealthcoaching.com).



# City Spends \$457,000 to Repair Candler Park Sidewalks

By Roger Bakeman, [communications@candlerpark.org](mailto:communications@candlerpark.org)

Thanks in part to persistent efforts on the part of CPNO president Dana Fowle, Silvia Medrano-Edelstein, and others—and aided by the help of Councilman Amir Farokhi and his chief of staff Jay Tribby—the city recently completed repairs to selected Candler Park sidewalks. Phase 1 of the Candler Park Neighborhood Improvement Project (\$309K) included McClendon Ave (1313 square yards of sidewalk), Euclid Avenue (930 square yards), and Oakdale Road (877 square yards). Phase 2 (\$148K) included Clifton Road (537 square yards), Candler Park Drive (107 square yards), and Miller Avenue (517 square yards). Both phases, which included ADA ramps and driveway aprons, are now complete. See the map for details.



## Pedestrian Safety Wins, 4-Way Stop Delivered

By Roger Bakeman, [communications@candlerpark.org](mailto:communications@candlerpark.org)

Oakdale neighbors lobbied, CPNO supported, and—with the help of city councilman, Amir Farokhi, and his Chief of Staff, Jay Tribby—the city delivered a 6-month trial of a 4-way stop at Oakdale Road and Iverson St. This was the last remaining 4-way intersection on Oakdale Road in Candler Park without a four-way stop or light—and on a route that kids take to school and people take to MARTA. In the later 1800s, it was called North Bell Street, for the first half of the 20th century it was Whitefoord Ave, but whatever the name, Oakdale Road was never designed to be the major traffic artery it has become. Let's hope that the new 4-way stops makes the street safer for pedestrians and cars alike.





# November 18 CPNO Members Meeting – draft minutes

*These minutes are presented for review. They may be amended before being considered for official adoption at the December members meeting.*

The meeting was called to order at 7:04 pm by Dana Fowle, President. The motion to adopt the agenda passed. The motion to approve the October minutes passed. Thank you to all who brought food for the Annual Potluck.

## Guest Speakers:

- Paideia Field Day- A representative of the school requested support for their Annual Field Day held in April. The motion to support the Paideia School Field Day passed.
- Sgt King, Atlanta Police Zone 6, spoke on Holiday safety tips.

## Announcements:

- Fall Fest- New Board members are needed for next year.
- Freedom Park Conservancy- ‘a mano’ Restaurant is donating 10% of their profits from November 21st income to Freedom Park Conservancy.
- Membership- Jennifer Wilds announced the yearly cookie bake off for the December meeting. Also thank you to Porch Party hostess Maria Crawford.

## New Business:

Board Election: Jay Sandhaus, Nominating Committee Chair, explained the election process. Results as follows:

- Motion to elect Matt Kirk, President, by acclamation passed.
- Motion to elect Karin Mack, Treasurer, by acclamation passed.
- Motion to elect Bonnie Palter, Secretary, by acclamation passed.
- Motion to elect Jennifer Wilds, Membership Officer, by acclamation passed.
- Motion to elect Matt Hanson, Fund Raising Officer, by acclamation passed.
- Motion to elect Emily Taff, Zoning Officer, by acclamation passed.
- Motion to elect Lexa King, Public Safety Officer, by acclamation passed.
- Motion to elect Ryan Anderson, Communications Officer, by acclamation passed.
- Motion to elect Amy Stout, External Affairs Officer, by acclamation passed.

## Zoning: Bill Morris, Chair

Motion to support V-19-247(325 Oakdale Road) “with provision that the applicant appear before the NPU N and the project be built based on the site plan filed with City” passed.

## Old Business:

Financial Report- Chris Fitzgerald presented the projected income/expenses for 2020.

Sidewalk Update- Candler Park used \$457,000 Renew Atlanta funds for sidewalk repair on Oakdale Road, McLendon Ave, and Euclid Avenue; \$80,000 in sidewalk repair was accomplished by using 311(ClickItFixIt); \$50,000 has been set aside in the budget to assist individual homeowners to repair their sidewalks.

Candler Park Conservancy- Motion to grant \$50,000 to Candler Park Conservancy for Active Lawn and Amphitheater project passed. Motion to “grant a portion of the net profit from Fall Fest 2020 according to the following formula: 80% of total net profit above the first \$10,000 in net profit will become available in December 2020” passed.

The meeting was adjourned at 8:30 pm.

Submitted by Bonnie Palter, Secretary

November 18, 2019

## CPNO Membership Application

All who live in Candler Park, or own property or a business in Candler Park, are eligible to join. Mail this application or visit our website to join [www.candlerpark.org](http://www.candlerpark.org) register or renew. [www.candlerpark.org/renew](http://www.candlerpark.org/renew)

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### Optional contributions

Membership in CPNO is free, but we welcome optional contributions. To contribute, please visit our website [www.candlerpark.org/contribute](http://www.candlerpark.org/contribute) or mail a check with this application. Typical contributions range from \$10 to \$100.

**If sending by mail, please address to:**  
**CPNO Membership**  
**P.O. Box 5418, Atlanta GA 31107**



# CPNO Officer and Committee Report for November

## Zoning - Bill Morris

*V-19-247, 325 Oakdale Road:* Applicant is requesting a single variance to reduce front yard setback from 30 ft. to 25.3 ft. in order to convert part of a porch to heated space. The addition will not expand the roofline of the house and will enclose the smaller section of the front porches while retaining 2/3 of the original (and larger section) of the front porch. A rear addition would require an expansion of the roofline and foot print of the home and would potentially be limited by a large tree on a neighboring lot so would be a less feasible option. The proposed addition will also meet the 10% minimum window fenestration requirement for the front façade. The applicant provided complete checklist materials with the application, neighbor support signatures and proof of mailing to the owner of adjoining property used as a rental; therefore, the committee voted unanimously in favor of a motion to recommend support for V-19-247.

*Old business:* The committee continued discussion of development issues with the Co-Chairs of the Development Committee and neighbors in attendance focusing primarily on demolitions and construction of large duplexes taking place in the area of the neighborhood covered by R5 zoning classification (south of McLendon Ave.). Most of the new construction in this area has been large duplexes replacing older single family homes which generally maximize lot coverage, height, etc. as allowed under the R5 zoning requirements significantly impacting surrounding neighbors. It was generally agreed by Zoning and Development Committee members that follow-up to consider and recommend options to the neighborhood to address development concerns in the neighborhood (currently ongoing with the Development Committee) would be merged into the zoning committee when the development committee wraps up its current efforts.

## Candler Park Conservancy - Ken Edelstein

The Conservancy board voted unanimously in October to apply for a Park Pride Legacy Grant to allow us to move forward with Phase 1 of the Active Lawn/Amphitheater Project. On Nov. 15, a Conservancy task force submitted the application.

Also in November, the Conservancy board voted to direct up to \$25,000 toward a fundraising campaign for the project. Meanwhile, CPNO members are due (as I write these notes) to consider a CPNO board recommendation to provide a separate CPNO grant to help fund construction.

So, things are happening! If the Conservancy receives both grants, we'll have an opportunity to unite for an amenity that will improve the quality of life for a wide variety of people in our community.

Phase 1 primarily involves Active Lawn improvements. It will expand the field's uses, make it more resilient, and enhance sustainability both on the Active Lawn and downstream from it. Specific improvements include a well-drained, higher grade, safer athletic field; a new walking/running track that will double as temporary path for trucks during festivals; electric wiring to eliminate the need for polluting generators; and stormwater system repairs that should reduce silt heading into the creek downstream. Phase 1 may also include some improvements to the field embankment near the pool house that currently is used as a makeshift amphitheater. But most of the steps taken to turn the hillside into a bonafide Amphitheater would in Phase 2.

The Active Lawn/Amphitheater Project is one of a dozen improvements contained in the Conservancy's 2016 Vision Plan, most of which were recommendations from CPNO's 2014 neighborhood Master Plan. CPNO and the Conservancy have worked hand-in-hand in moving this project forward. After voicing support for the Active Lawn and Amphitheater, CPNO gave it a head start by funding a \$52,000 schematic design of the two priorities.

The Conservancy is actively engaged in many other events and smaller projects. Among them: An Audubon Society grant has allowed the Conservancy to remove invasive species in the park's riparian corridor; and Perkins + Will landscape architects are nearing completion of schematic design of an ambitious Playscape Project, which they are performing pro bono for the Conservancy.

But Phase 1 — essentially the Active Lawn improvements — will be a particular focus in the coming year.

It offers us the chance to gather credibility and momentum for other Vision Plan projects and to transform Candler Park into a true sustainable model for balancing intense recreation with natural restoration. To find out more about the Conservancy, please go to [candlerparkconservancy.org](http://candlerparkconservancy.org). If you're interested in contributing to this transformational project, please email me at [kennethedelstein@gmail.com](mailto:kennethedelstein@gmail.com).

## Membership - Jennifer Wilds

The Membership Committee would like to send out a special THANK YOU to Maria Crawford for the lovely Brunch Porch Party that she hosted Saturday November 16th - we had a fun group and enjoyed everyone's delicious treats that they brought to share. We also want to remind everyone of our 2nd Annual Cookie / Dessert Party. For those that did not attend last year, we had some sweet amazingness that you surely do not want to miss. Please bring your own favorite home baked offering also - there will be prizes :-)

## Development - Emily Taff

Development Committee - working on a final report to the CPNO.





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# Holiday Decor



Holiday season means connecting with family and friends, the constant faint smell of a gingerbread-peppermint-chestnut-fir tree candle and last but not least, decorating. Lots and lots of decorating. Whether people flock to your house from far and wide to see your Christmas decorations or you are just getting started with you decorating game, check out these budget friendly DIY holiday decorations. Best of all, you can use items that you already own to add a new look to your house and bring out your inner creativity.







### OUTDOOR LOLLIPOPS

Hosting a party with kids on the invite list? Create your own Christmas lollipops to make your yard festive, using white paper plates, paint, and a yard stick. First, paint the paper plate with a peppermint design, stripes, polka dots or any other design your heart desires. Next, paint the yard stick white, then hot glue the painted paper plate to it and voila, you have a cute holiday lollipop. Line your driveway or sidewalk with these cute decorations to make your house look like it's straight out of the North Pole. In order to protect the paper plates from rain, you can also wrap it up with a clear plastic bag or plastic wrap and then wrap a Holiday colored ribbon around the part where the yardstick and plate connect to give it that authentic candy shop feel.

### REPURPOSED ORNAMENTS

Instead of throwing away your used K-cups every morning, start saving them up for a fun day of family crafting! Believe it or not, these K-cups can be used to make cute Christmas ornaments.

First gather the materials: a K-cup, a circular piece of cardstock or a can lid, ribbon, and yarn. First, glue the lid or piece of circular cardstock to the top of the K-cup (where the peel is) this will create the effect of a Christmas top hat. If the K cup and can lid are not the same color, you may want to paint them the same color to match. Next, wrap the ribbon where the lid and K-cup meet and glue the yarn loop to the top to make a cute Christmas ornament. You could also use the Kcup to make other designs as well. Mason jar canning lids can also be reinvented into a cute ornament or gift tag. Simply paint with chalkboard paint and hot glue a loop out of twine.

### DOOR WREATH

Do the kids' rooms need a little holiday fun? How about a wreath for their bedroom door? Instead of throwing away the extra wrapping paper rolls, toilet paper rolls, and paper towel rolls, make them multipurpose. Cut all of the rolls so that they are the same length and find a small bowl to serve as the center hole of the wreath. Begin hot gluing the rolls into a circular shape around the bowl until the wreath is as big as you desire. Paint the rolls white, red, and green and spice up this holiday DIY by adding some

jingle bells or other small decorations to put inside some of the rolls. Your kids will enjoy helping you make a welcoming and recyclable wreath!



### ELEGANT SNOW GLOBES

All you need for this sophisticated snow globe is a wine glass, artificial snow, a candle, and a small Christmas figurine (such as Santa or a Christmas tree). All of these items can be found at your local dollar store. To begin, pick where you want to display this fancy snow globe. They make great center pieces on tables or on the mantle over the fireplace. First, place the figurine with fake snow around it. Next, simply just place the wine glass upside down on top of the figurine and snow and then you have a classy looking snow globe. To add some extra jazz, place the candle on the top of the upside-down glass and tie a pretty ribbon around the glass's stem. If you are looking for a more kid-friendly snow globe try using a plastic water bottle, mason jar, or saltshaker.

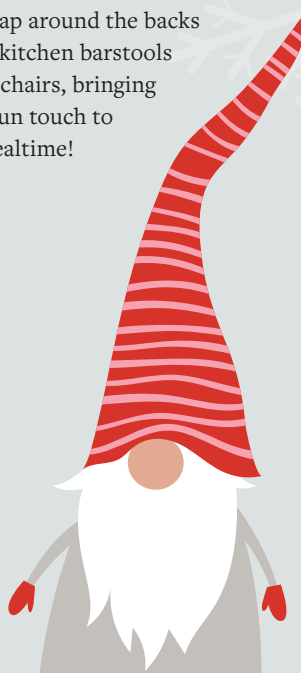


### "WRAP UP" YOUR KITCHEN

Don't let any space go without a decoration. If your kitchen is looking for a little more holiday spirit, try using double-sided tape to line your cabinets with wrapping paper and then add a wide ribbon lengthwise with a bow in the center to make them look like a gift box. If you have glass on your kitchen cabinets put the wrapping paper on the inside lining the glass to add a Christmas touch. Or, you may want to use wide ribbon to wrap around the backs of kitchen barstools or chairs, bringing a fun touch to mealtime!

### FILLER FOR GLASS JARS AND BOWLS

Tired of filling your favorite glass bowl or jar with the same old items? Try using the retro big colored Christmas tree light bulbs to bring fun color to a glass jar. Or try filling it to the top with multicolored jingle bells or shiny glass ball ornaments. To keep it neutral, gather acorns and pinecones with sprigs of pine tree or cinnamon sticks for a nice aroma. These could even be spray painted a frosty white and transition as a decoration into the new year.



Article by Mary Rose Provence. I am a current sophomore at the University of Georgia studying the field of Advertising with the pursuit of a Master's in Journalism. Contact me at [mrprovence@gmail.com](mailto:mrprovence@gmail.com).

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| ProSmyth, LLC .....                              | 844-438-7761 |  |  |
| Roswell Paint Center (in.SIDE.out) .....         | 770-702-8888 |  |  |
| <b>Hospital</b>                                  |              |  |  |
| Northside Hospital .....                         | 678-312-8400 |  |  |
| <b>Insurance</b>                                 |              |  |  |
| Allstate Insurance-Tevis Upton .....             | 770-917-1111 |  |  |
| State Farm-Matt Cresap .....                     | 770-982-0064 |  |  |
| <b>Landscape Lighting</b>                        |              |  |  |
| Georgia LightScapes .....                        | 404-369-0199 |  |  |
| Landscape Lighting Systems, Inc. ....            | 678-331-3060 |  |  |
| <b>Landscaping</b>                               |              |  |  |
| United Landscapes LLC .....                      | 770-286-3818 |  |  |
| <b>Medical Clinic</b>                            |              |  |  |
| Atlanta Stress Center .....                      | 470-296-1636 |  |  |
| Northside Spine & Pain Specialists .....         | 404-459-1838 |  |  |
| <b>Painting</b>                                  |              |  |  |
| Chris Brown Painting & Home Repair .....         | 770-323-3148 |  |  |
| Earthly Matters Painting and Contracting .....   | 770-346-0203 |  |  |
| Jasper Painting Company .....                    | 770-893-3257 |  |  |
| Mendez Painting Specialist LLC .....             | 770-772-9677 |  |  |
| Painting Plus .....                              | 404-382-9988 |  |  |
| <b>Performing Arts</b>                           |              |  |  |
| Schwartz Center For Performing Arts .....        | 404-727-8769 |  |  |
| <b>Pest Control</b>                              |              |  |  |
| Hole-In-One Pest Solutions .....                 | 770-708-2945 |  |  |
| <b>Physicians</b>                                |              |  |  |
| Morrow Family Medicine .....                     | 770-781-8004 |  |  |
| <b>Plumbing</b>                                  |              |  |  |
| Bryan Plumbing Services .....                    | 770-826-5277 |  |  |
| My Georgia Plumber .....                         | 770-592-0081 |  |  |
| Quick-Pro Plumbing .....                         | 678-478-1534 |  |  |
| Serv'all Plumbing & Rooter Service .....         | 770-917-1852 |  |  |
| Shumate Plumbing Services .....                  | 678-584-0880 |  |  |
| T.K. & Sons Plumbing .....                       | 770-529-0799 |  |  |
| Water Source Plumbing Service, Inc. ....         | 678-423-8640 |  |  |
| <b>Pre-Schools &amp; Kindergarten</b>            |              |  |  |
| Omega Learning Center-Acworth .....              | 770-792-7431 |  |  |
| <b>Propane Service</b>                           |              |  |  |
| Gas Incorporated .....                           | 770-720-1378 |  |  |
| <b>Real Estate</b>                               |              |  |  |
| Atlanta Communities-Carl Hawthorne .....         | 404-403-1789 |  |  |
| Atlanta Communities-Jennifer and Associates ..   | 770-529-7780 |  |  |
| Atlanta Fine Homes Sotheby's-Leigh Hays .....    | 404-874-0300 |  |  |
| Berkshire Hathaway Home Services-Blumer .....    | 678-493-9354 |  |  |
| Better Homes & Gardens RE-LaVista Hills .....    | 404-932-5771 |  |  |
| <b>Coldwell Banker-Sherry Warner</b> .....       | 404-784-8848 |  |  |
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| Compass Realty-Natalie Gregory Team .....        | 404-373-0076 |  |  |
| <b>Compass Realty-Patter Byrne</b> .....         | 404-604-3800 |  |  |
| Cory & Co. Realty .....                          | 404-564-5595 |  |  |
| Executive Home Sales .....                       | 770-374-7900 |  |  |
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| Harry Norman-Morton .....                        | 678-461-8700 |  |  |
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| <b>Park Realty-John Morgan</b> .....             | 770-655-9423 |  |  |
| Remax Around Atlanta-Falkin .....                | 770-330-2374 |  |  |
| Russ Robinson Atlanta Communities .....          | 770-335-7677 |  |  |
| The Listing Brothers .....                       | 678-789-5119 |  |  |
| <b>Remodeling</b>                                |              |  |  |
| GCI Basements .....                              | 404-569-8794 |  |  |
| <b>Restaurants</b>                               |              |  |  |
| Luna Maya .....                                  | 770-720-4999 |  |  |
| Sankranti Indian Restaurant .....                | 770-242-6899 |  |  |
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| Celebration Village-The Reserve .....            | 678-646-6777 |  |  |
| Soleil Laurel Canyon .....                       | 678-880-3071 |  |  |
| <b>Roofing</b>                                   |              |  |  |
| Earthly Matters Painting and Contracting .....   | 770-346-0203 |  |  |
| Exovations-Roofing .....                         | 770-205-2955 |  |  |
| Generation Roofing .....                         | 770-733-3517 |  |  |
| <b>Schools-Private</b>                           |              |  |  |
| McGinnis Woods Country Day School .....          | 770-664-7764 |  |  |
| <b>Siding</b>                                    |              |  |  |
| Exovations-Siding .....                          | 770-205-2995 |  |  |
| Painting Plus - Siding .....                     | 404-474-3464 |  |  |
| <b>Tree Service</b>                              |              |  |  |
| LTRC-Landscape Tree Removal Company .....        | 404-288-5872 |  |  |
| The Davey Tree Expert Company .....              | 770-451-7911 |  |  |
| <b>Window Replacement</b>                        |              |  |  |
| Exovations-Window Replacements .....             | 770-205-2995 |  |  |
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