



May 2021

MESSENGER

Celebrating Spring Time!

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Enjoying the Spring and Planning for Fall Fest

By Jerry Tillery, editor@candlerpark.org

Welcome to May in Candler Park. We are well into Spring now and for me this is the best weather Atlanta has to offer. It isn't too hot and humid, the nights are still cool, and the sun is shining. I hope everyone has had a chance to enjoy the weather after the last year of lockdown and social distancing.

The park is looking great after the cleanup and the mulching around the trees. The flowers, shrubs, and trees are blooming and adding a wonderful aroma to the air. It's nice to see the swimming pool cover off and the pool cleaned and filled with water. Hopefully, our neighbors will be able to enjoy the pool this year. In speaking with some of the people in the Candler Park neighborhood, they have missed the pool.

FROM THE PRESIDENT

Right now, everything is looking good for Fall Fest. While social distancing and Covid restrictions are still partially in place and subject to change we are certain Fall Fest will take place this year. Right now, we are hopeful it will be a full-scale event but depending on Covid restrictions in the Fall, it may be a smaller event than normal years. This is something the board and Fall Fest Committee are continuing to watch closely.

Please take the time to read the article by our Board Safety Representative Kerry Dobson on the new Candler Park Pulse initiative. I think it will be a great opportunity for everyone to participate and be involved.

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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FUNDRAISING OFFICER fundraising@candlerpark.org	Matt Hanson
EXTERNAL AFFAIRS OFFICER externalaffairs@candlerpark.org	Amy Stout

Find a complete list of CPNO committee chairs, representatives and other contacts at 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.

MEMBERSHIP

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

Sign up at www.candlerpark.org or mail name, address, and email to

CPNO Membership
PO Box 5418, Atlanta, GA 31107

DATES TO REMEMBER

Although usual meeting places are listed, COVID-19 pandemic may require meetings to be held by video to abide by social distancing protocols. In case of cancellations or changes, check CPNO's Upcoming Events list at candlerpark.org and watch for membership email notices. All CPNO meetings are open to the public.

MAY

- 5** CPNO Zoning meeting, 7 pm, The Neighborhood Church, 2nd floor
- 10** CPNO Board meeting, 7 pm, The Neighborhood Church, 2nd floor
- 15** Deadline to submit content for June Messenger!
- 17** CPNO Members Meeting, 7 pm, 1st Existentialist Church

JUNE

- 2** CPNO Zoning meeting, 7 pm, The Neighborhood Church, 2nd floor
- 14** CPNO Board meeting, 7 pm, The Neighborhood Church, 2nd floor
- 15** Deadline to submit content for July Messenger!
- 21** CPNO Members Meeting, 7 pm, 1st Existentialist Church



Gallery 378 Features Lake Claire Artist

Source: Gallery 378

Gallery 378 announces the solo exhibit "Doors and Windows" by Lake Claire artist, Karen Hennessee. This exhibit features "French Laced Windows", a series spanning from 1986 through 2020. This series explores the relationship between the viewer and the viewed through french laced windows. Using manipulated digital imagery and installation, Karen reveals the often unseen interactions, whether real or imagined.

This exhibit also includes works focused on doors and other windows; laced or not, shuttered or not. The attraction becoming the stories they seem to reveal or conceal -the unfolding of what appears to be or might not be... door as entrance or door as exit; window for looking out/letting in or window for looking in/ keeping out.

This exhibition will run from May 7th through May 30th. For additional information please call 404 530 9277 or visit our Facebook site. 378 is located at 378 Clifton Rd. in Candler Park.



Porter Beer Bar Hosting Dine Out for CPNO on May 17

Dine at or order take out from the Porter Beer Bar on May 17 and 15% of proceeds will be donated to CPNO. It is a triple win. You don't have to cook or clean up. Porter Beer Bar in Little Five Points gets your business. And CPNO benefits with a generous donation of proceeds from a supportive local business. Besides an extensive selection of beer, the Porter offers a variety of starters such as salt and vinegar popcorn and mussels to main dishes like a double smash burger, fish and chips and dry fried snapper. Treat yourself to the Porter Beer Bar on May 17!



Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO thanks members for their donation:

June Deen
George Bergmark
Lance Holland from

Encyclomedia
Jeff and Alyssa Ozer
Rebeca Quintana
Donna and John Brady
Logan Ritchie and Brian Gordon

...and others who wished to remain anonymous



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THE MESSENGER

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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 by the 18th of the month prior to publication.

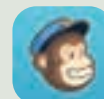
If you have a news tip or story idea, please email relevant information including contacts to editor@candlerpark.org or call the editor.

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. 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.

JOIN CPNO TO GET EMAIL BLASTS



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MESSAGES & CRIME ON NEXTDOOR



Join the Candler Park group at candlerpark.nextdoor.com to keep up on crime reports and other messages.

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Fall Fest Update and Call For Volunteers!

By Matt Hanson, fundraising@candlerpark.org

Hello Friends and Neighbors!

I hope everyone is enjoying some great spring weather around the neighborhood. It's been great to see more bicyclists, dog walkers, joggers, and activities in the parks over the last 2 months.

As things start to open up and life begins to feel a little more normal, I wanted to give everyone a quick update on Fall Fest. We are making plans for Fall Fest to be held October 2nd and 3rd.

As you may have seen, last month the City of Atlanta ended its permitting freeze and began issuing permits for events up to 2,000 people. This was great news as the permitting issue is the primary hurdle for Fall Fest. On top of that, just two weeks ago, the Governor lifted a significant number of COVID restrictions (OK, basically all restrictions) on local businesses. The expectation among those in the event management community is the City will continue to open additional permits for larger gatherings in the coming months. The "word on the street" is that most of the fall music festivals like Music Midtown and Shaky Knees expect to get permits for their normal occupancy levels. That is not to say there won't be COVID-related regulations, but festivals will make a comeback this Fall.

We are very excited to organize what will be the 20th anniversary of Fall Fest, and we are anticipating a very special event coming out of COVID. That said, safety will remain our top concern in planning and organizing, and we will be strictly complying with CDC regulations as well as any city, state or federal regulations for outdoor events. As a neighborhood, we feel it is important to not only follow the rules, but to set a responsible example for other events around the city.

I'd also like to formally open up a call for volunteers as we have several key positions that are currently vacant. Specifically, we are looking for volunteers to help with Kidlandia, merchandise sales, and sponsorships. If you are interested in volunteering, please reach out to me at fundraising@candlerpark.org.

Calling all Visionaries to Establish the Little 5 Points Community Center Garden

*By Aaron Schwartz,
Community Garden Representative*

Little Five Points Center for Arts & Community (L5PCAC) is looking to establish a Community Garden within the bounds of the Center, utilizing an untapped swath of land that has enormous potential to become a first-rate garden.

We are hoping to recruit a dedicated core group of volunteers, approximately 5-8 people, representing neighboring communities, specifically Little Five Points, Inman Park, and Candler Park. This "Planning Committee" will participate in the organization, design, and ultimate creation of the garden. David Shorter, Director of L5PCC, and Aaron Schwartz, Inman Park resident, are spearheading this effort.

Our vision is for this garden to have a social justice/social impact backbone, whereby a portion of the food grown will be donated to families in need. Partnering with other local Food Justice initiatives is also in the works. This is a phenomenal opportunity to be an active planner in the community, to strengthen our neighborhood by maintaining a vibrant garden, where people can get to know each other and can feel positive about local fresh food to take home. In order for a garden to be sustainable as a true community resource, it must grow from local conditions and reflect the strengths, needs and desires of the local community. Please email l5PCCgarden@gmail.com if you are interested in applying for a position on the Planning Committee. Our goal is to have an active garden by Fall 2021!



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For Everything There is a Season

*By Lexa King, Founder of Candler Park
Forever and Candler Park Resident*

I can't even describe how much I love Atlanta, in particular Candler Park, at this time of the year. Blossoms bursting forth at every turn. Gentle breezes fluttering the brand new bright green leaves on our stately Oaks and Sweet Gums. Birds celebrating in song, some probably anticipating the arrival of their soon to be hatched offspring. And all of these can be enjoyed and appreciated from that signature feature of most of our homes. The front porch.

The other day I was enjoying the afternoon in one of my Adirondack chairs and my next door neighbor popped over with her 10 month old little girl. Both of the parents have had the luxury of working from home a good bit during the pandemic so they have been able to observe and participate in much of the development so common in that first year of life. She is beginning to pull herself up to a standing position and soon will be taking those all important first steps. Since I am recovering from surgery, my walker was within reach and I jokingly offered it to the baby for support. Turns out she has her own version at home!

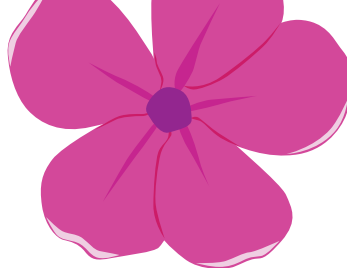
She's an alert baby, and it is almost possible to see the wheels of her brain churning as she listens to the various noises made by her mom and me as we conversed. It won't be long until the gurgling and cooing that she currently produces become words, phrases, and then full thoughts.

It's exciting to be in the company of a tiny human on the verge of so much discovery and development. All she needed for our visit was her diaper and someone willing to carry her. She has staff to see to her needs. Her meals are provided. Her diapers are changed as needed. She is carried wherever she needs to go. Her shelter, clothing, and all of her worldly needs are handled. Over the next 20 or so years she will learn and develop all the skills necessary to survive and flourish as an adult.

At some point, if we are fortunate to live long enough, some of those abilities and skills may reverse. You can hardly turn on the tv without being subjected to information about adult diapers. Accidents happen, strokes and other illnesses or just the aging process occurs that can rob us of physical capacity or strength and even steal our ability to verbally express ourselves.

One of the challenges of aging is dealing with diminishing abilities. About 5 years ago I realized that although I love gardening, hauling bags of mulch or moving planters or taking bags full of leaves to the street were getting more difficult. I've had a yard man for the past 4 or 5 years. I guess it's a matter of perspective, but rather than be upset over something that no longer feels safe (I know a number of people who have fallen with severe consequences while doing yard work), I am actually enjoying my supervisory role as chief designer. The yard has never looked better and as a team we have transformed areas of the yard that I always meant to get to.

Spring is passing rapidly. Days are getting warmer and longer. Soon local strawberries will be replaced by peaches, then pumpkins. Enjoy them all. Perhaps, along the way, you'll realize you could use a few new Senior friends. If so, Candler Park Forever is here for you. We have weekly Zoom meetings, and now we've added Porch Parties to our repertoire. Lunch at local establishments soon! We talk about all manner of interesting topics and help each other through challenges. I just had a new left hip installed, and I don't know how I would have done it without this group. They picked up prescriptions, brought me flowers, delivered meals for 2 weeks and kept me company!! Thank you to ALL of you!! If we can help you with any of the challenges of aging, reach out to cpforever@candlerpark.org. It is the season to join us!



A Closer Community is a Safer Community

By Kerry Dobson, safety@candlerpark.org

Hello Candler Park Neighbors!

As your new CPNO Safety Chair, my current focus is on revitalizing our Neighborhood Watch program. I think one of the many lessons we have learned over the past year is that our sense of home and community are so important to us all.

Recently I met with one of our zone 6 Crime Prevention officers to talk about what a neighborhood watch program is really all about. We kept coming back to one key point. A closer community is a safer community.

I'm excited to announce the launch of our new Neighborhood Watch program...the Candler Park Pulse. A program that supports neighbors watching out for one another. It's always important to let each other know about road closures, power outages, or an unfortunate break in. But, we should also be there with a meal for a neighbor in need, a search for a wandering pup, or a much needed Friday front porch happy hour!

Participation is going to be key to the success of the Candler Park Pulse. The more who join, the closer we become. We are currently looking for Block Coordinators. These neighbors will be responsible for:

- Maintaining a contact list of all residents on your street
- Informing block neighbors of any relevant community info
- Having fun with your amazing community...block socials are always encouraged!

Keep your finger on the pulse of Candler Park and join today! If you are interested in becoming a Block Coordinator, were a previous Block Coordinator, or just want to learn more, email me at safety@candlerpark.org.

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- Sloan Smith, Candler Park



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Update Your Grocery List. *The 2021 EWG Guide to Pesticides is Here!*

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

Every year, the Environmental Working Group (EWG) releases this list, which contains their Dirty Dozen and Clean Fifteen. Together, they analyze Department of Agriculture test data to identify which fresh fruits and vegetables are most and least contaminated with pesticide residues. This year, the U.S. Department of Agriculture (USDA) tests found residues of potentially harmful chemical pesticides on nearly 70% of the non-organic fresh produce sold in the U.S.! Before running these tests, the USDA washes, scrubs, and peels these fruits and vegetables just like a consumer would, so these pesticide residues would likely be in the end product of any meal you were thinking about preparing while wandering through those grocery store aisles.

Why is it important to avoid pesticides in our food?

Pesticide-free food is also known as organic food. When food is organic, it's rich with phytonutrients that reduce inflammation, which can cause illnesses, aches, pains, skin conditions, exhaustion, depression, and more.

Diets low in pesticides or free of pesticides have also been linked

to improved fertility and birth outcomes, reduced incidence of non-Hodgkins lymphoma, and lower BMI, and reduced risk of Type 2 diabetes, just to name a few.

It's especially important for babies and children to avoid pesticides, as they are particularly vulnerable to the negative health effects.

There can be barriers, however, to accessing organic produce. A diet of entirely organic, pesticide-free fruits and vegetables is often more costly or hard to access for many Americans. That's why the EWG guide is so useful, because it provides a straightforward guide to which produce we should prioritize when we shop organic. If possible, try to buy all organic produce.

So which fruits or vegetables should you always buy organic this year?

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.

The following are the EWG's 2021 Dirty Dozen, aka the fruits and vegetables that you should always make sure you buy organic when you pick them up from the grocery store this year.

The EWG 2021 Dirty Dozen:

Strawberries • Spinach
Kale, collard, and mustard greens
Nectarines • Apple • Grapes
Cherrise • Peachse • Pears
Bell and hot peppers
Celery • Tomatoes

Which fruits and vegetables are the "cleanest," a.k.a. the produce with the very least amount of pesticide residue? The following are the EWG's 2021 Clean Fifteen. You don't have to prioritize buying these fruits and vegetables organic when you're shopping.

The EWG 2021 Clean Fifteen:

Avocados • Sweet corn • Pineapple
Onion • Papaya • Sweet peas
Eggplant • Asparagus • Cantaloupe
Broccoli • Cabbage • Kiwi
Cauliflower • Mushrooms •
Honeydew melon

To learn more, visit the EWG.ORG

Secure Your Block with a Google Doc

*By Roger Bakeman,
membership@candlerpark.org*

Neighborhood security experts speak with one voice: to increase neighborhood security know your neighbors. Easily said, and with today's electronic tools, quite easily done. I have no stake, or stock, in Google—and other tools are available—but let me describe what my neighbors have done. My guess is, others in our Candler Park neighborhood have done something similar. But if not, I would like to emphasize how easy—and useful—it is.

I live, not on a block, but on one of three adjacent dead-end streets, fewer than 30 houses. We have a Google Groups email list with almost total coverage. This allows any of us to email the group, asking about lost dogs or missing packages, seeking advice on plumbers and other repair people, inviting all to a neighborhood social, announcing the arrival of a new baby, etc. All it takes is a moderator (or two, for redundancy) and someone to organize it initially. We also have a Google Docs contact list that includes a picture of each of our houses, who lives there (adults, children, pets) and contact info (emails, phone numbers). This allows us to know who our neighbors are (very helpful to people who have just moved in) and to contact particular persons in case of emergency (for example, if we see something suspicious or water gushing out of a burst pipe). Any of us can edit our entry. Participation is voluntary, of course—and some might have privacy concerns (although we have not found this problematic). In fact, as with the mailing list, we have almost total coverage. Again, all it takes is someone to organize it initially. If you have any questions or comments, please contact me or Kerry Dobson, the CPNO safety officer (safety@candlerpark.org).



CPNO Officer and Committee Report for April

External Affairs - Amy Stout

There were two items on the agenda for the March 2021 NPU-N meeting that were specific for Candler Park.

Under Board of Zoning Adjustment applications, a variance to reduce the east side yard, west side yard, and rear yard setbacks for 1241 Euclid Avenue NE (to allow construction of an accessory dwelling unit) was added to the fast track and approved without discussion by a vote of 8-0-1, consistent with the prior vote of approval by the CPNO membership and the CPNO zoning committee. Similarly, a variance to reduce the half-depth front yard setback for 1359 McLendon Avenue NE (to allow an addition to an existing single-family dwelling) was added to the fast track and approved without discussion by a vote of 8-0-1, consistent with the prior vote of approval by the CPNO membership and the CPNO zoning committee.

Membership - Roger Bakeman

As of this April, new CPNO members total 26 and renewals total 344. New members for all of 2020 totaled 88 and renewals totaled 472. On the negative side, the number of new members seems to be down—encourage your neighbors to join. On the positive side, 75% of the number that renewed in all of 2020 have already renewed for 2021. Still, there are 216 who were members in 2020 who have not renewed. They will receive a reminder email this week.

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 or renew candlerpark.org

Name: _____
Address: _____
Email: _____ Date: _____

Business applicants

Name of business: _____
Address of business: _____
Name of designated agent: _____
Agent's Email: _____ Date: _____

Optional contributions

Membership in CPNO is free, but we welcome optional contributions. To contribute, please visit our website candlerpark.org/donate-to-cpno 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

April 19 CPNO Members Meeting (Virtual) – Draft Minutes

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

The meeting was called to order at 7:00pm by Jerry Tillery, President. The motion to adopt the agenda passed. The motion to approve the March minutes passed.

Guest Speaker:

Lt. Carroll, APD Zone 6, answered resident questions.

Announcement:

- Participatory Budget - If you have suggestions on what art or green space projects you would like to see in Candler Park, vote in July; suggestions accepted until the end of April. (candlerparkdecides.civictrust.us)
- Porter Beer Bar will donate 15% of all sales on May 17 to CPNO.
- Pop-up for CPNO merchandise will be in various places in the neighborhood beginning with Sean's. Merchandise can be ordered on line and can be delivered or arrange a pick up time.

Treasurer Report - Karin Mack, Treasurer

There was routine outlay in March including the \$500 to the BiRacial History Project. Donations for the month were \$1,000.

Zoning - Emily Taff, Zoning Officer

- Z-21-27 (Variance to Preserve Trees)
- Builder would be able to bypass the neighborhood process by applying for an “administrative variance”.
The motion to not support Z-21-27 creating variance process for preserving trees passed.

The meeting was adjourned at 7:35 pm.

Submitted by Bonnie Palter, Secretary

April 19, 2021



The History of Southern Cuisine

Submitted by Mary Rose Provence

Georgia residents can be very picky about how much sugar is in their sweet tea and what the best topping is for a sweet potato casserole (marshmallows is the correct answer). Barbeque, fried chicken and casseroles are known across the nation as being Southern staples. But have you ever thought about how this came to be? When did certain foods and techniques become associated with the South and how did they get here?

FRYING

In the South, we fry everything. Whether it's a green bean, an Oreo, a pie, or a chicken, you name it, we've tried frying it. But the origins of frying are quite interesting. Frying originated with the Native Americans after they discovered that frying and salting the outer side of their game such as rabbits and deer preserved it so that they could consume it later. It was a merely a coincidence that is also tasted great.

BARBEQUE (BBQ)

BBQ is a classic southern dish, and when you find the right sauce to pair with it, it's even that much better. BBQ was brought over by the Spanish conquistadors who witnessed it being made when they visited the Caribbean before the United States. Essentially, they saw them slowly cooking an entire pig over a fire and since pigs were such low maintenance, they decided to try it themselves. However, the different BBQ sauces were impacted by the settlers of each state. For instance, North Carolina has a vinegar sauce because it was brought over by the British and South Carolina's mustard sauce comes from its French and German roots.

LOW COUNTRY BOIL

A common summer party dish in the South is a low country boil because it's easy to serve to a large group of people. This dish originated with enslaved persons from West Africa. They practiced their native style of cooking vegetables, grains, and fish together in one pot. Today, they have inspired many other favorite southern dishes such as shrimp and grits. Additionally, the West Africans introduced okra, which is another southern favorite.

CASSEROLES

Casseroles are not only served on Thanksgiving in the South. Whether it's a tailgate party, a newborn baby arrival, or a friend who is sick, you can expect the appearance of a casserole. Historians are not entirely sure where the first casserole came from because the idea of stacking foods on top of each other can be seen throughout history in many different cultures. For instance, lasagna in Italy and pot pie in Britain. However, the earliest records of casseroles show that Thomas Jefferson was a huge fan of casseroles and they were often served at the White House. The popularity really escalated during the Great Depression due to casseroles being low-cost meals that could feed multiple people. In the South in particular, casseroles were popular due to the many fresh ingredients people had access to due to farming.



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Barbeque



Check out this *Carolina BBQ Recipe*
from aforkstale.com!

INGREDIENTS

- 2 cups apple cider vinegar
- 2 tablespoons dark brown sugar
- 1 tablespoon ketchup
- ½ tsp cayenne pepper
- 1 teaspoon of red pepper flakes
- 1 teaspoon of ground pepper
- 1 teaspoon salt

INSTRUCTIONS

1. Place all ingredients in a pan.
2. Cook on stove top at Medium heat.
3. Bring to a boil.
4. Whisk together until sugar and salt are completely dissolved. Remove from heat.
5. Cool to room temperature.
6. Pour sauce into a jar or bottle. For best results, refrigerate one day before serving.
7. Shake well before serving.

Casserole



Check out this *Country Casserole*
from southernplate.com!

INGREDIENTS

- 2 cups small shell pasta cooked and drained
- 3 cups frozen mixed vegetables cooked and drained
- 2 cups shredded cheddar divided
- 2 cups French fried onions divided
- 2 cups shredded cooked chicken (can use canned chicken or rotisserie)
- 1 can cream of chicken soup
- ¼ cup milk

- 1 teaspoon pepper
- 1 teaspoon garlic powder
- ½ teaspoon salt

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Combine everything in a large bowl, reserving half of the cheese and half of the onions for topping later. Stir well to combine.
3. Spoon into 9x13 casserole dish. Bake for 25-30 minutes. Top with remaining onions and cheese, return to oven until cheese is melted, about five minutes more.

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