

# Community Garden Exploration

Background information with  
invitation to get involved

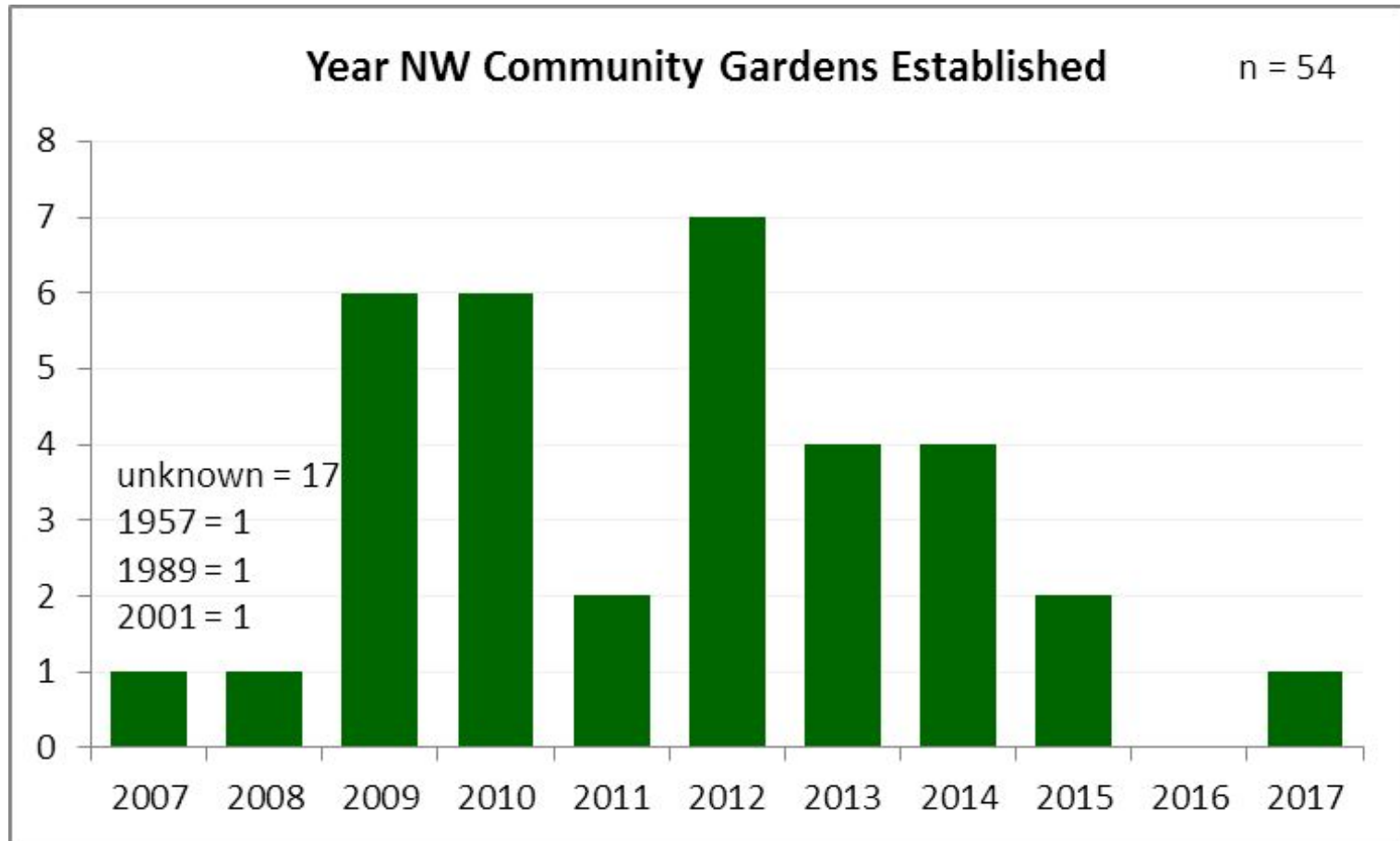
# intro...

- Fred Krause
- UH resident 25+ years
- UHCA volunteer grant writer and seniors dance and movement liaison

# the journey...so far

- Several community members expressed varying levels of interest in exploring a UHCA community garden
- Dec 2017 pub night presentation presents the idea to the UHCA executive
- Feb 2018 AGM info presentation (with invitation to get involved)

# community gardens popular in the last 10 years



Data source: Calgary Horticultural Society, Dec 2017

# non/traditional community gardens serve various purposes

## Community gardens near UH

- **Alberta Children's Hospital**
- Brentwood Comm. Garden
- Montgomery Comm. Garden
- **Parkdale** Comm. Garden

- **University of Calgary**
- Varsity/Towers/Townhouse Comm. Gardens
- Westmount School Naturalization Garden (*proposed*)

Data source: Calgary Horticultural Society, Dec 2017

# community garden example



Silver Springs Community Garden

# city's new community garden requirements

- **Contact the Community Association to find similarly interested community members**
- **Garden Group Information** (group purpose, members, decision process, time commitment, etc.)
- **Evidence of community Need/Support** including a UHCA board motion, neighborhood survey of support, letter from other supporters and a letter of support from city councilor
- **Community garden plan** (a detailed description: location(s), size, design, etc.)
- **Financial Plan/Budget and Proof of Insurance**

# findings...so far

- Traditional and non-traditional community gardens serve a variety of purposes near University Heights
- Process to establish a community garden
- Opportunity to participate
- Some interest in the following



# cancer centre design recognizes the importance of green space



# journals articulate forest garden benefits

2016 Title: Multiple health benefits of urban tree canopy: The mounting evidence for a green prescription

Journal: Health & Place, V42, pp.'s 54-62

**“These findings suggest an important role for trees and nature in improving holistic population health in urban areas.”**

2013 Title: Spiritual Care of Cancer Patients by Integrated Medicine in Urban Green Space: A Pilot Study

Journal: EXPLORE: The Journal of Science and Healing  
Volume: 9(2), pp.'s 87-90

**“It is indicated that integrated medicine performed in a green environment is potentially useful for the emotional and spiritual well-being of cancer patients.”**

2017 Title: Effects of viewing forest landscape on middle-aged hypertensive men

Journal: Urban Forestry & Urban Greening, 21, pp.'s 247-252

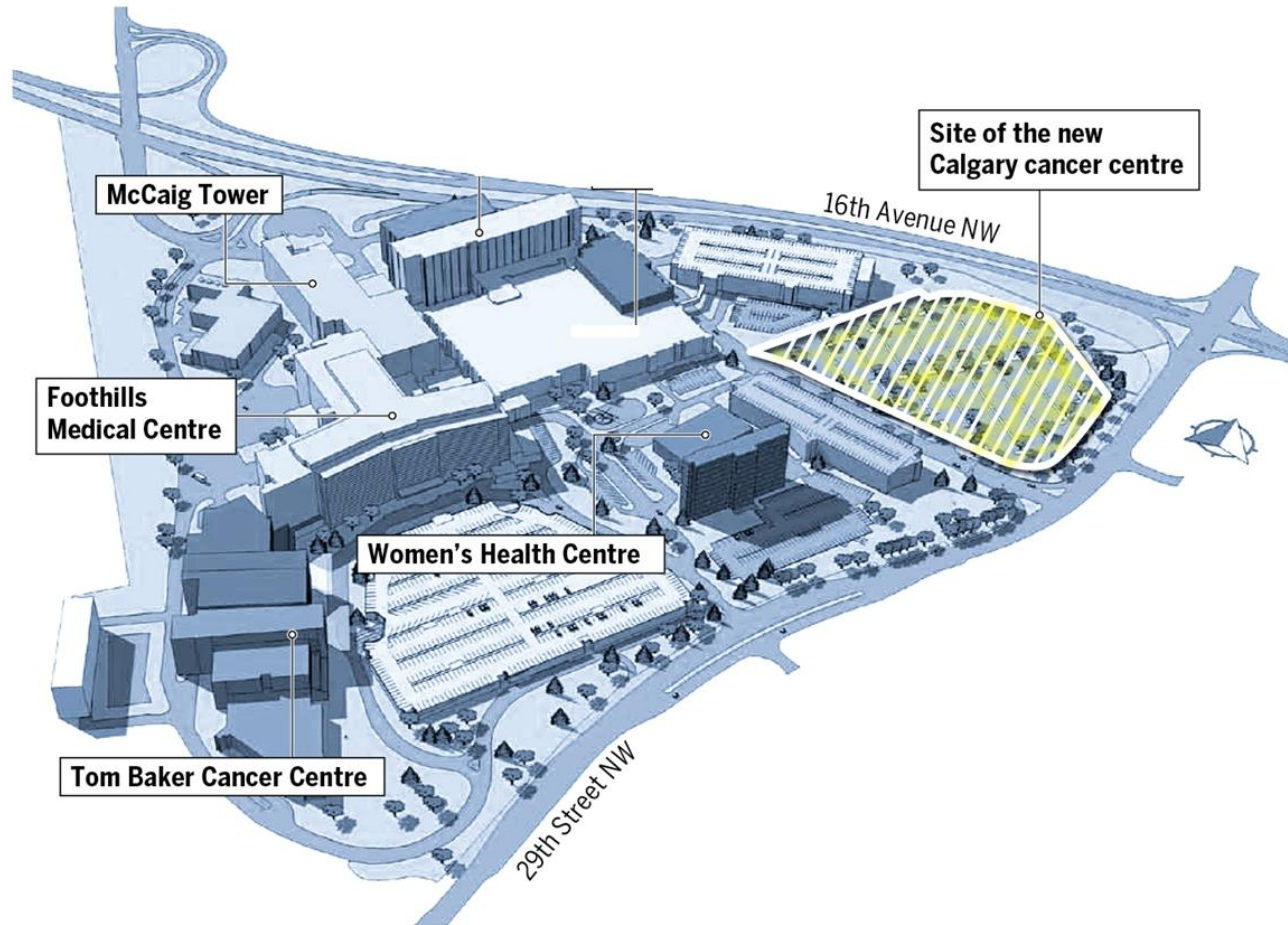
**“In conclusion, viewing forest landscape produces physiological and psychological relaxation effects on middle-aged hypertensive men.”**

2013 Title: Physiological and psychological effects of viewing urban forest landscapes assessed by multiple measurements

Journal: Landscape and Urban Planning, 113, pp.'s 90-93

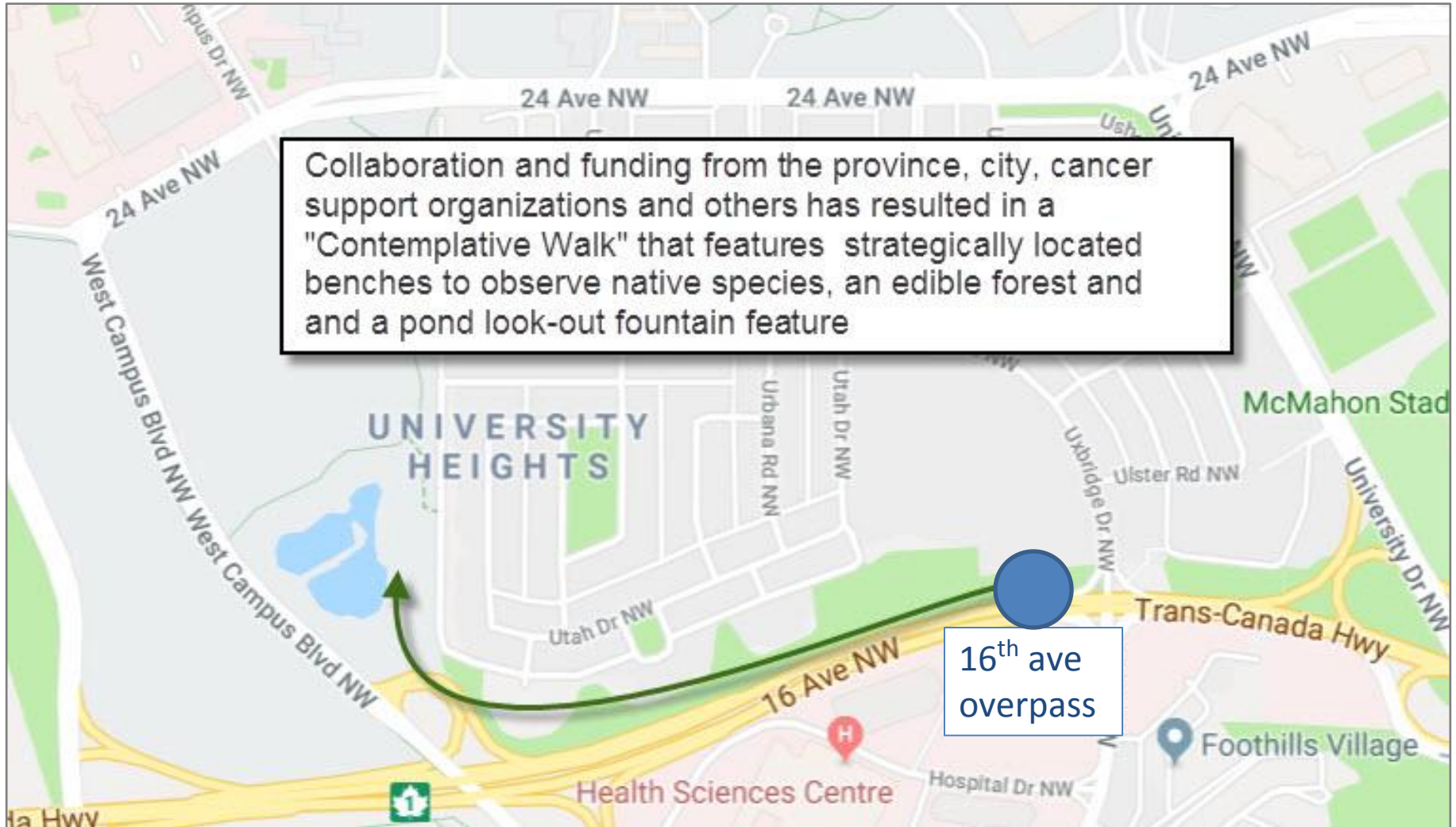
**“Taken as whole, these findings suggest that even a short-term viewing of forests has relaxing effects. “**

# no beautiful walking paths by the cancer centre



# One possible future scenario

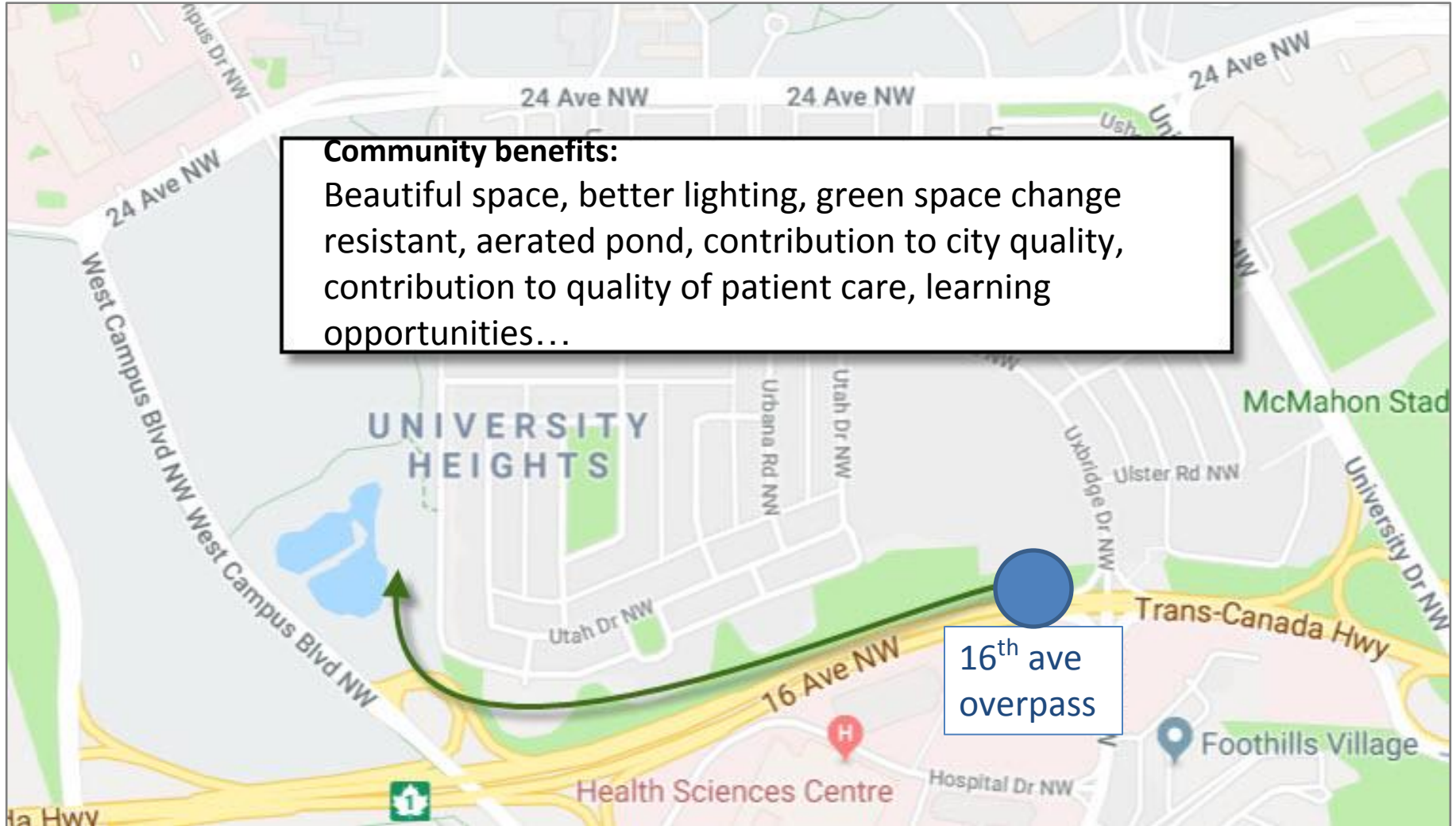
Collaboration and funding from the province, city, cancer support organizations and others has resulted in a "Contemplative Walk" that features strategically located benches to observe native species, an edible forest and and a pond look-out fountain feature



# One possible future scenario

## Community benefits:

Beautiful space, better lighting, green space change resistant, aerated pond, contribution to city quality, contribution to quality of patient care, learning opportunities...



# Participate in creating a UHCA community garden

- Please contact Fred Krause  
[UHCAGarden@gmail.com](mailto:UHCAGarden@gmail.com)
- Talk to me after this meeting

Thanks very much for your time and attention!