


AUGUST 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **CHAPARRAL** trailblazer

Bringing Chaparral Residents Together

A close-up photograph of a bee on a red and yellow flower. The bee is positioned on the yellow center of the flower, which has red petals. The background is a soft, out-of-focus green.

**CHAPARRAL
GREEN THUMBS
COMMUNITY
GARDEN
PERENNIAL
EXCHANGE**

SATURDAY AUGUST 27

CHAPARRAL COMMUNITY ASSOCIATION

www.chaparralcommunity.com

Great News Publishing

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| www.great-news.ca

 southviewchurch

BLOCK PARTY



Southview Church is now finished construction. As your new neighbours in Walden, we want to get to know you by hosting a block party. Come out for a night of fun and food! There is no cost for this event. We hope to see you there!

FRIDAY SEPTEMBER 2, 2016 | 6:00 PM - 8:30 PM | 20200 WALDEN BLVD SE

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OF GREECE

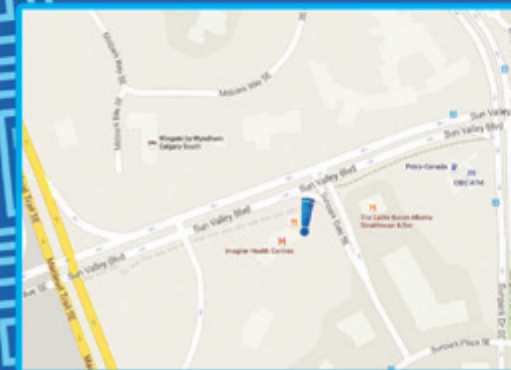
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PROMO KEY: DINNERFOR2 EXPIRES: AUGUST 31, 2016



OPA! OF GREECE SUNDANCE
(next to Original Joe's)

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CCA BOARD OF DIRECTORS

President	Lynette Javaheri	president@chaparralcommunity.com
Vice President	Cory Exner	planning@chaparralcommunity.com
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Director	Racim Gribaa	

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Events Coordinator	OPEN	
Trailblazer and Website Editor	Lynette Javaheri	editor@chaparralcommunity.com
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Condominium Liaison	Dee Treder	condos@chaparralcommunity.com
Chaparral Valley Representatives	OPEN	valley@chaparralcommunity.com
Chaparral Ridge Representative	OPEN	
Lake Chaparral Representative	OPEN	

LAKE CHAPARRAL CONTACTS (NOT CCA)

Facility Director	Nancy Farah	manager@lakechap.ca
Administration	Carly Dugdale	office@lakechap.ca
Board President	Murray Hunt	president@lakechap.ca
Board of Directors	General email	cra@lakechap.ca



Chaparral Trailblazer Deadline
23rd each month for the next month's issue

Submit to Lynette at editor@chaparralcommunity.ca

Important numbers see at www.chaparralcommunity.com



Chaparral Community Association
PO Box 58001, Chaparral RPO
Calgary, AB, T2X-3V2
ask@chaparralcommunity.com
www.chaparralcommunity.com

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NEWSLETTER AD SALES



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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING CHAPARRAL FOR 13 YEARS!

NEW TRAILBLAZER CONTENT

We are seeking to add new content to your community newsletter and are seeking questions you may have about living here in Chaparral. Question will be answered by either your Chaparral Community Association volunteers, Councillor Demong's office or MLA Fraser's office and as space permits will be published in the Trailblazer. Please submit questions to editor@chaparralcommunity.com.

ON AND AROUND YOUR PROPERTY

The following information has been extracted from the City of Calgary's Good Neighbour Practices Reference Guide. It is intended to inform residents on a featured topic of interest. The City recommends informal communication with your neighbours as a simple way of addressing concerns if they arise. Questions or more information regarding specific bylaws, visit calgary.ca and search bylaws, or call 3-1-1

Grass and weeds must be less than 15 centimetres (6 inches) in height.

Keep weeds in control so they do not spread from your property.

When watering your lawn, make sure water is not running onto the street or sidewalk. (Water Utility Bylaw 40M2006)

The best time to water your lawn is early in the morning or after it cools off in the evening.

RELOCATION OF MIDNAPORE HOUSEHOLD HAZARDOUS WASTE DROFF-OFF

Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 has been relocated until early 2018. Drop-offs can be taken to Evergreen Fire Station 37 at 2511 Eversyde Avenue S.W. seven days a week, from 8 a.m. to 6 p.m.

Other household hazardous waste drop-offs in the south include Shepard Landfill – 68 Street and 114 Avenue S.E.

Should you have any questions or concerns about the relocation of the Midnapore Household Hazardous Waste Drop-off, please 311 or visit calgary.ca/waste.

LITTLE FREE LIBRARY

Take a Book Leave a Book – Chaparral's Little Free Libraries

The concept is simple: you leave a book or two that you don't need any more and then borrow books that your neighbours have left. It's a great way to not only encourage reading but to also get them out and about in the neighbourhood. Check one out. If you have a little free library added to our directory please contact editor@chaparralcommunity.com
92 Chaparral Drive SE
96 Chaparral Drive SE
225 Chaparral Drive SE (inside Lake Chaparral building)

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Follow us on twitter @chaparralca <https://www.calgarytransit.com/survey>
Find us on Facebook @ chaparralca
Visit our website at chaparralcommunity.com

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Plant Share

ATTENTION GARDENERS!

Chaparral Green Thumbs is hosting a plant share on August 27th.

Where: At the garden, which can be found on the east side of St. Sebastian School, across from the parking lot.

When: Plant drop off starts at 9:00 am and the plant share runs from 10:00-12:00

Anyone who brings in plant donations to the share will receive credit for an equal number of plants. Additional plants can be purchased for \$2 each. Donations are not mandatory; anyone can purchase plants at the share.

Plant donations must be in good condition and clearly labeled including the plant's common name, height, and colour. We will not be accepting any plants that are on Alberta's Invasive Plant Council's plant list.

Experienced gardeners will be on hand to give advice on where and how to plant if you need it.

Any remaining plants will be planted in the berm around the garden.

Don't divide

Baptisa
Bleeding heart (*Dicentra*)
Butterfly weed (*Asclepias*)
Christmas rose (*Helleborus*)
Gas plant (*Dictamnus*)
Lavender (*Lavandula*)
Oriental poppy (*Papaver orientale*)

Divide ever 2-3 years

Aster
Blanket flower (*Gaillardia*)
Clustered bellflowers (*Campanula glomerata*)
Coreopsis
Lamb's ears (*Stachys*)
Yarrow (*Achillea*)

Divide every 3-4 years

Astilbe
Bee balm (*Monarda*)
Black-eyed Susan (*Rudbeckia*)
Daylily (*Hemerocallis*)
Hosta
Peony (*Paeonia*)
Phlox
Purple coneflower (*Echinacea*)

Traditionally, it has been believed that fall flowering plants should be split in the spring, while spring flowering plants should be split in the fall, but these days many believe that it doesn't really matter. A few exceptions that most adhere to are peonies, oriental poppies (if you are going to try), astilbe, and tall bearded irises, which should be divided in early fall.

The only tools you need for the job are a sharp shovel, pruners if you have them, and plastic sheeting or something to place the divided plants on.

Plant shares are right up there with some of my favourite things because a plant share is a great opportunity for established gardeners to find new homes for their excess plant material, and an inexpensive way for others to get new plants. I think 90% of the perennials in my yard have come from plant shares because you can't beat the price and you know these plants grow well in Calgary.

Most perennials need to be divided every three to five years to encourage healthy growth. Left to their own devices, some plants will start to die in the middle as the plant grows too large, or simply stop blooming as much as it used to. Rather than waiting for one of these things to be your guide, it is better to stay ahead of the game and divide any plants that have double or tripled their size within a five year period.

Different plants have different needs. Some plants are happiest when left on their own, some should be divided every two or three years, and others are content to wait a little longer. The following chart gives a rough guideline, but remember that every garden is different and there are few hard and fast rules.

When splitting plants, make sure your soil is damp, watering well the day before helps, and trim off excess foliage, at least 1/3 if you can. Trimming the foliage helps the root system to deal with the shock of transplant by not having as much to move water to, but you want to leave enough to easily handle the plant. For many plants it is best to dig up the entire plant and root base, starting at the drip line, and place it on plastic. Some roots will naturally divide easily, while others will take some untangling. Plants with soft fleshy roots may need

to be cut. Be sure to maintain a good balance of top growth and root in each new division. Don't be afraid to use force and sharp objects if you need to. Some plants with smaller roots systems can be dug out section by section, taking out only the growth you want to move.

While dividing plants it is a good idea to check for weeds before you do anything else. The last thing you want to do is divide and relocate weeds as well!

Once the plants are divided and weed free they can immediately be replanted in a new spot or they can be temporarily housed in a shady bed with wet soil over their roots, while they wait to be taken somewhere else, like a plant share. Old plastic pots from bedding out plants make a perfect holder when it comes time to transport the plants to their new home, but even plastic bags will work. As long as the roots have moist soil around them, they will be fine.

When digging a hole for the new plant, be sure to dig it deep enough for the plant to sit at its previous level and include added compost without crowding the roots. Remember that next season the top of the plant will be as big as the roots you are planting, so leave room for growth. Once planted, gently fill in the hole, pressing the soil down by hand so as not to pack the soil too much. Be sure to create a ridge around the plant to help retain moisture, and water well for the entire first season. Do not fertilize transplants until after you have seen new growth, although it is fine to include organic material to encourage root growth.

Once your plant is in the ground, treat it like you would a seedling, watering it regularly. Once the weather becomes cool, treat as you do your other plants and allow it to go dormant and then protect for the coming winter.

So, now that you know what to do, look around your garden and see if you have anything to share, or space that you would like to fill, and join us at on August 27th at the garden.

If you are interested in more information or curious about upcoming events, check us out at <http://www.chapgreenthumbs.ca/> or email us at chaparralgreenthumbs@gmail.com



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Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

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Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check www.tricocentre.ca for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see www.tricocentre.ca for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Krocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

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Successful, healthy communities are generally those with active and sustained membership and involvement of the community residents. Often a strong membership representation is an indication that our association is serving the needs of the community and is therefore, valued and supported by its residents. Your support today is important and ensures new energy to continually address community issues.

What your Community Association does for you...

- **Programs and activities put on by the CCA**
(Stampede Kick-off Breakfast, "Winterlude", to name a few)
- **Social, environmental and civic affairs**
(BFI Public Open House, Drugs in your city awareness presentation, Trailblazer, Traffic & Zoning Issues)
- **Government Liaison**
(With The City of Calgary and Government of Alberta)
- **Weigh-in on Commercial Applications**
(Telus Cell Tower, BFI Canada Inc., Inland Cement and local based businesses)
- **Insurance and Administration**
(Covers annual operating costs and applicable insurance cost to operate yearly)

The Chaparral Community Association has been working hard to cover all the views, opinions, and concerns for all matters pertaining to Lake Chaparral, Chaparral Ridge, and Chaparral Valley outside of the Lake facility (we have nothing to do with Lake operations). We meet on a monthly basis at Lake Chaparral Boat House to address a progressive agenda.

The cost of membership is **\$20.00** for one year. Without the value of the Community Association, we would not be able to keep you informed of important events and factors affecting our community as a whole. Please consider becoming a member if you are not already one. We are a non-profit organization and your membership goes towards community events, programs, and operating costs as mentioned above.



Sign up for community memberships
Get the latest community news
Browse the Chaparral business directory
Read our community newsletter

WWW.CHAPARRALCOMMUNITY.COM



CHAPARRAL COMMUNITY ASSOCIATION MEMBERSHIP

To purchase a membership in your community association, you can fill out the form below, attach a cheque for \$20.00, made out to Chaparral Community Association

On-line: Purchase your membership on-line. Visit www.chaparralcommunity.com and click on PayPal secure link. You will have an instant receipt and your card will be sent directly to you.

In Person: Residents can purchase their memberships at the at the Chaparral Lake House, South Fish Creek Recreation Complex, Trico Centre for Wellness

Mail: Chaparral Community Association, P.O. Box 58001 – Chaparral RPO, Calgary, AB T2X 3V2
 Memberships valid for 1 year from date of purchase

MEMBERSHIP APPLICATION FORM

FAMILY NAME: _____
 (Last name) (First Name) (Partner)

ADDRESS: _____

HOME PHONE: _____

E-MAIL: _____

WOULD YOU BE INTERESTED IN VOLUNTEERING? Social Committee Fundraising
 Board of Directors Membership Committee Special Events School Issues

Support Your Community Association Buy a Membership Today!

\$20.00

2016 CCA MEMBERSHIP CARD
 Serving Lake Chaparral, Chaparral Ridge and Chaparral Valley



Name _____ (Surname) (Given Name)
 Name _____ (Surname) (Given Name)
 Address _____ Postal Code _____
 Phone # _____ Email _____
 Date _____ Can we contact you for Volunteer Activities? Yes () No ()
 Cheque# _____ Cash Receipt # _____ E-order ref _____

SAMPLE

Chaparral Community Association
 2014 Family Membership Card
 The _____ Family
 CCA Membership Representative
 Membership Expires _____ expires one (1) year from date 126

126

WHAT'S HAPPENING

WHAT'S

at the Lake



Photo by Lorna Romaniuk

Park Hours: 9:00 a.m. – 10:00 p.m. daily
(403) 254-4148
office@lakechap.ca, www.lakechap.ca

Lake Fees Season

Annual Lake Association Fees were due by June 30th 2016. As of July 1st any unpaid accounts will start accruing daily interest. We accept debit card, cheque and cash only (sorry no credit cards). Please ensure you get your payment in to avoid disappointment at the gate; no members from the outstanding address have access until fees are paid in full. If you have any questions or concerns please let us know 403-254-4148.

Membership Cards:

Please ensure that you have your membership card available each visit you make to the lake as this is the most efficient way of entering the park. During peak times if you do not have your lake card you may not be accommodated. If you have lost your lake card please come in to get a new one; there is a \$5 charge for a new card.

SPECIAL THANK YOU

Special Thanks to The Church of Jesus Christ of Latter-day Saints and all the volunteers. Without your help we wouldn't be able to hold our Annual Stampede Kickoff. See you all next year!

Thank You

Multisport Triathlon—Friday August 5-Sunday August 7 All Day Event

Check out the triathlon again this year run by Multi Sports Canada. For more information visit their website www.multisportscanada.com

Movie In The Park—Saturday August 13 starts at 7pm Movie TBD

Bring your lawn chairs and blankets for a family movie night at the lake. Entertainment and games; movie starts at dusk.

End of Summer BBQ—Friday August 26

Time and more details to follow. Entertainment from Goodger-Pink Family Theatre, bouncy house and more! Check our website and Facebook for updates on this event. www.lakechap.ca

Volunteers

We are always looking for volunteers for our special events and would love to hear from you. Please contact us at (403) 254-4148 or by e-mail at office@lakechap.ca if you are able to help out. For our events to be successful we require a lot of volunteers, so please consider coming out and supporting your community. If you are looking to volunteer in or around the community you can also forward your name and number to ask@chaparralcommunity.com

Facebook:

Please feel free to follow us on Facebook- Chaparral Residents Association or Lake Chaparral. This is quickest way to keep up to date of lake notices.

Website:

Check out our website for news, events and rules. www.lakechap.ca

Programs

Registration for the following programs is done with the individual instructor. Classes are ongoing; full details and class information can be obtained from the instructor. Program schedules are subject to change, please contact the program instructor directly for more details.

Senior Programs

Senior Games

Monday's 12-3pm

Attention all seniors! Come out to socialize with your neighbours and friends, play games and enjoy coffee at the lake house.

Cost: \$1.00/person drop-in

Walking Club

Tuesday's and Thursday's 10am-12pm

We meet outside the lake house (by the flags) around 10am to start our walk.

Our walks usually last 1 hour and then we meet inside the lake house for coffee and a visit.

Cost: \$0.50/person drop-in

Did you know that 3 laps around the walking path = 2 Kilometers

Summer Programs

Devotion Danceworks Summer Camps:

August 15-18

Ballet, Jazz, Tap, Hip-Hop

Ages 3 and up

To register and for more information please contact Elizabeth Rieb 403-828-9675

Elizabeth@devotiondanceworks.com

www.devotiondanceworks.com

Young Rembrandts Drawing Program

Summer Camps

August 22-25

Friday's from 4-7pm

Young Rembrandts teaches drawing to children aged 3 ½ to 12 years. We intentionally offer child-friendly and relevant subject matter to spark children's interest and increase knowledge retention. Our classes are fun, engaging and affordable. Watch your child reach a brand

new level of confidence and potential with this engaging, award-winning program. Our unique, proven method and step-by-step curriculum dispel the myth that art is a talent a child has or doesn't have, and demonstrates that art can be learned by all children.

Check out our website; www.youngrembrandts.com/southernalberta

Email; Calgary@youngrembrandts.com

Phone; 403-457-DRAW (3729)

Sportball

Friday's 1:30-2:30pm

Summer Classes Friday's July-August 2016

Sportball is a dynamic sports program focusing on skill development in 8 different sports: floor hockey, baseball, basketball, soccer, football, tennis, volleyball and golf. This creative, non-competitive and self-esteem building program prepares all children for a future of confident sports participation. For more information and to register please visit www.sportball.ca

NEW Kids & Youth Non-Competitive Ballroom and Latin-American

• **4 to 7 years old** opens up a whole new & exciting social experience. Coordination, self-esteem, social interaction, fitness & pure passion for dancing are only a few of the benefits this program offers. **Wednesdays 4:00-4:50pm**

• **8 to 16 years old** enables the young dancers to develop their coordination and discipline through better understanding of the basic fundamentals of dancing. It caters to couples as well as singles, covering different styles of dancing **Wednesdays 5:00-5:50pm**

Adult Ballroom and Latin-American has been created using a tried & true teaching model tailored for both singles & couples. It embodies two different courses appealing to the adults: **Ballroom & The Latin Beat** (beginner course) and **Ballroom & Country Dancing** (beginner course) **Wednesdays 6:00-6:50pm**

Wednesdays

• August 3, 10, 17, 24, 31

Courses are run by former Dance Champions and Professional Adjudicators with Canadian DanceSport Federation. For more information and to register please contact www.uniquedance.ca 403-479-2454 or 403-479-6699.



Team Palmer

is busy selling Lake Chaparral!

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INFO
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www.lakechaparral.info

Lake Chaparral Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	1,100,000	395,000	525,113	36	61
1 ½ STOREY	890,000	890,000	890,000	8	1
BUNGALOW	446,500	417,500	433,000	28	3
BI-LEVEL	382,000	382,000	382,000	20	1
4 L	420,000	420,000	420,000	62	1
ATTACHED	449,900	410,000	429,133	66	8
CONDO	412,500	216,000	334,750	62	8

Chaparral Valley Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	610,000	420,000	503,514	49	21
ATTACHED	391,000	360,000	377,750	81	4
CONDO	327,500	279,000	309,107	35	7

Chaparral Ridge Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY / 2 SPLIT	460,000	353,000	394,600	23	5
4 LEVEL SPLIT	380,000	380,000	380,000	53	1
ATTACHED	300,000	300,000	300,000	25	1
CONDO	310,000	220,000	278,375	46	8

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What is the difference between the Chaparral Community Association (CCA) and the Chaparral Residents Association (CRA)?

The Chaparral Community Association is a volunteer run organization that represents the residents of Lake Chaparral, Chaparral Ridge and Chaparral Valley.

Your Community Association is the recognized body that liaises with government officials, expresses resident concerns regarding commercial, industrial and residential land use development and represents the position of residents on education, transportation, environmental and infrastructure issues.

The CCA supports organized sports, community programs and social programs. The CCA supports and publishes the community publication The Trailblazer to help keep you better informed. For inquires please see the list of CCA volunteers in the Trailblazer or email ask@chaparralcommunity.com.

Membership is a voluntary \$20 per year.

The Chaparral Residents Association is the association that governs the private membership of Lake Chaparral and its facilities. Each home within the Lake Chaparral community is encumbered to pay an annual membership due to the CRA. The annual dues are utilized for the day to day operations of the lake property and all of its facilities, the maintenance of entryway features of the community, maintaining an appropriate reserve fund and making long term planning decisions for the lake and its assets. The CRA's employs a facility director, Nancy Connors, under the direction of a volunteer Board of Directors.

For inquires about the Lake Chaparral Park and Recreation Centre please contact the Lake Chaparral Residents Association at 403-254-4148 or visit their website at lakechap.ca.

BRAIN GAMES SUDOKU

	7			3	8			5
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	5				9	3		
9								8
		8	4					9
			7		1	4		3
7	3			2				
1			5	9				7

FIND SOLUTION ON PAGE 26

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SHC Wellness Centre

August Highlights

Are you staying in town in August and looking for some things for you and/or the kids to do? Find out how we can help at www.ahs.ca/shcwellness.

A few of our FREE programs are highlighted below:

Mindfulness: Body Scan & Breath Practice August 5 12:00-1:00pm

Mindfulness is an approach to self-care that can help you to deal with stress, pain, anxiety & illness by being more present to the moment. It's about finding a way to relate to your life's challenges by encouraging you to remain present so you can let go of the past & worry less about the future.

Healthy Eating for Pregnancy

August 8 6:30-8:30pm

Looking for reliable nutrition information during pregnancy? Wondering how much weight gain is healthy for you and your baby, which vitamins and minerals are important, what foods to avoid, and how to manage nausea & vomiting, heartburn, and constipation? An AHS Registered Dietitian will help guide you in setting your personal nutrition goals.

Family Peer Support Group

August 9 or 23 6:00-8:00pm

Family and friends often have a difficult time coping with a mentally ill relative or friend and wonder how best to help. The Family Peer Support Group provides caring support and specific information and resources to aid individuals in maximizing their ability to assist those affected by mental illness while staying balanced in the process.

Resume Writing

2-day series August 13 & 20

Do you want more interviews? Are you interested in writing a high-impact resume that identifies your abilities, skills and accomplishments?

Don't forget about our weekly meditation session. This runs every Tuesday from 5:00-5:45pm and is running throughout the summer!

JOIN US! In the Kids Zone at South Health Campus Family Fun Run.

September 10, 2016 9:30am-1:00pm

Save the Date for this fantastic **FREE** family-friendly event at Calgary's newest health campus.

For more information, please visit www.ahs.ca/shcwellness.

Most programs require registration. See our program guide and learn how to register at www.ahs.ca/shcwellness or 403-956-3939.



Olivia	11	Jordyn	14
Alexandra	12	Megan	14
Alison	12	Tessa	14
Hayley	12	Amy	15
Lottie	12	Chloe	15
Olivia	12	Jasmine	15
Onelli	12	Madison	15
Anika	13	Rachel	15
Erin	13	Venecia	15
Ethan	13	Brook	16
Jordan	13	Morgan	16
Katie	13	Kairvee	16
Ryan	13	Yulduz	16
Marge	13	Abby	17
Selena	13	Jenna	18
Alyssa	14	Jaden	20
Camryn	14	Taryn	19
Danielle	14	Meagan	20
Jake	14		

Chaparral Childcare Connector

Website is: www.caldayahomes.com. This is run by a CCA member.

To receive information on any of these babysitters, please contact

Barry Info@caldayhomes.com or 403-701-8326

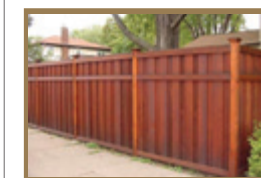
Great Photos of Chaparral Wanted!

High resolution, seasonal, and community/lake related photos would be greatly appreciated and will be considered for our cover, and inside our community publication.

Please submit your photos to Lynette at editor@chaparralcommunity.com.



CUSTOMER SATISFACTION GUARANTEED

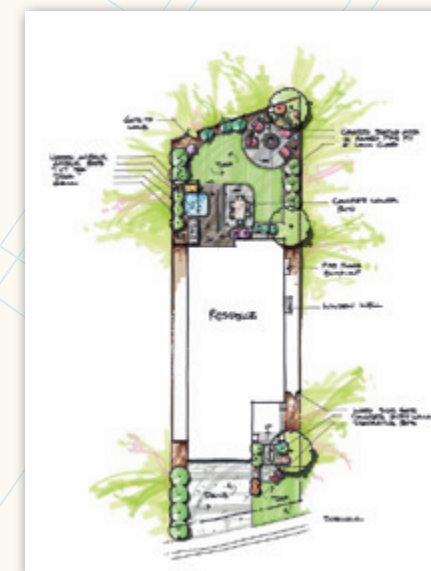


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McKenize Lake School
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Deer Run Community Centre
Saturdays 9:30 – 10:45am Ages 6 - Adults

West Island College (Blackfoot & Glenmore)
Tuesdays 5:15 – 6:30pm Ages 6 - Adults

Dr. Morris Gibson School (Okotoks)
Tuesdays 5:30 – 6:30pm Ages 7 - Adults
Thursdays 5:30 – 7pm Ages 12 - Adults

403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com

Heritage Time Out

McDougall United Church, 8516 Athabasca Street S.E.
(No religious content, non-denominational)

Artisans in quilting, knitting, crocheting, card making, as well as a "do-as-you-wish" table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

Wednesday mornings, 9:00 – 11:00 a.m., next session September 7 – November 30.

Registration preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.



Chaparral Real Estate Update

Last 12 Months Chaparral
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
June 2016	\$516,200.00	\$504,500.00
May 2016	\$449,900.00	\$445,000.00
April 2016	\$493,800.00	\$484,900.00
March 2016	\$469,888.00	\$455,000.00
February 2016	\$492,200.00	\$487,500.00
January 2016	\$487,000.00	\$472,000.00
December 2015	\$539,500.00	\$525,000.00
November 2015	\$488,777.00	\$470,000.00
October 2015	\$497,900.00	\$500,000.00
September 2015	\$499,900.00	\$487,000.00
August 2015	\$530,000.00	\$530,000.00
July 2015	\$477,500.00	\$470,000.00

Last 12 Months Chaparral
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
June 2016	31	22
May 2016	25	23
April 2016	27	23
March 2016	24	11
February 2016	26	12
January 2016	22	10
December 2015	13	5
November 2015	9	9
October 2015	13	15
September 2015	19	17
August 2015	23	15
July 2015	20	13

To view the specific SOLD Listings that comprise the above
MLS averages please visit chaparral.great-news.ca

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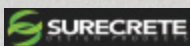
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COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

Hello Ward 14. I hope you're having a great summer. I know it's easy to let the idea that summer is almost over creep in, but in reality our best weather is still ahead...

Ward 14 Communities BBQ

That is exactly why I hold my Ward 14 Communities BBQ in September. I learned my lesson after holding the very first version of the BBQ in June. It was fun, but also rainy. You can expect the likelihood of rain to be much less in late September.

The Ward 14 Communities BBQ is on September 24 to be exact. We will be in the Southcentre Mall parking lot from 11 a.m. to 2 p.m., and even if the weather does not cooperate you will be able to find shelter.

Given the state of our economy, I have been nothing short of amazed by the generosity of local businesses this year. So far Great News Publishing, No Bull Bookkeeping, Qualico, United Communities, Jack Carter Chevrolet Ca-

dillac Buick GMC, Genstar, Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC have all stepped up with their support. Because of their help there will be plenty of free community association memberships for attendees, and also a burger and beverage for everyone.

There will be all sorts of exhibits ranging from the interesting to the informative and everything in between. You will be able to visit everyone from your MLA, to a local scout troop, to reps from the Calgary Zoo. Every City of Calgary department that you can think of will be there for you to visit, and there will be much more.

I invite you to join me on September 24! Visit calgary.ca/ward14bbq for more information.

Stay Connected!

You can visit calgary.ca/ward14 to get updates on things like Counciltalk, my BBQ, and other City related things, or you could let me do the work for you. I send email updates about those things and others, but you need to give me permission first. You can do so by filling out the online form at calgary.ca/ward14connect.

Flying your drone safely and legally

With the help of our friends at the Calgary Police Service, I would like to share with some small but helpful tidbits for staying safe and preventing crime over the next several columns. I will start with what seems like the most summer-related topic of them all—recreational drones.

I know that it may seem like an odd subject, but in the future it could be very important: even the City is investigating how drones can be used.

The Federal Government regulates the use of drones, but to launch from City property (like a park) you must get permission from the City (as with any property owner).

Use common sense! Don't operate your drone near large groups of people; near moving vehicles, or anywhere you could distract drivers; within restricted, or controlled airspace; or anywhere that may interfere with first responders. You may not fly your drone closer than 9 km to an airport; higher than 90 metres above the ground; or closer than 150 metres to people, animals, buildings, structures, or vehicles.

This is not an exhaustive guide for drone use, but is a window into it. Visit tc.gc.ca/safetyfirst for more information.

Thanks for reading, and please feel free to contact me anytime.

IN & AROUND CALGARY

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.



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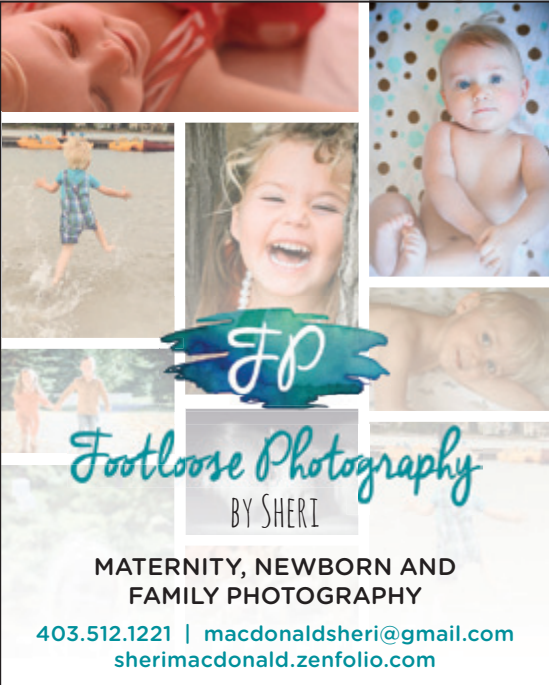


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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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BY SHERI

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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~continued next page~

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BRAIN GAMES SUDOKU

6	7	1	9	3	8	2	4	5
4	2	3	1	5	6	7	8	9
5	8	9	2	4	7	1	3	6
2	5	7	6	8	9	3	1	4
9	1	4	3	7	5	6	2	8
3	6	8	4	1	2	5	9	7
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1	4	6	5	9	3	8	7	2

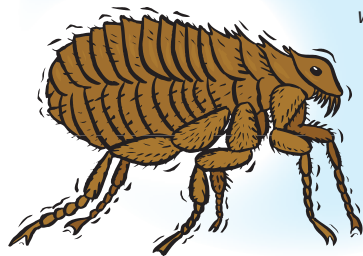
Insects and Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.

Discovery Magazine



your COMMUNITY BUSINESS OF THE MONTH

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Security, convenience, and access – these are the words that define Sentinel Storage and that drive our growth and success. Thanks to our commitment and dedication to customer satisfaction, Sentinel has become a leader in self-storage. Our customers-first attitude has allowed us to expand to 23 locations stretching from coast to coast across Canada, including Edmonton, Calgary, Montreal, Vancouver, and Fort McMurray.

With new advances in technology, our company continues to grow and adapt to provide you with the best service – and consequently, the best experience – possible. Our new location in the Chaparral area of south Calgary, has the modern conveniences and security features you want from a storage facility – PLUS all the essentials you need – at an affordable price. When it comes to shopping for the best self-storage solution in a city like Calgary, we know you've got choices. We also know that for some first-timers the idea of storage can be a frightening one. At Sentinel Chaparral, all of our storage units are new, clean and our building is constructed from thick concrete and sturdy steel. Here's what you can expect to find at our large, heated warehouse:

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Address

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Calgary, AB T2X 0R3
Phone: 403-258-0992 or e-mail chaparral@sentinel.ca

Office Hours

Monday - Friday 8:00 am – 6:00 pm
Weekends (Saturday and Sunday) – 9:00am – 5:00pm



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Call 403.258.0992 to book
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**PAY \$1.00
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WWW.GOFOOTHILLS.CA

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

IN & AROUND CALGARY

Free Admission to the 2nd Annual Kiwanis Festival at Kamp Kiwanis

September 24 & 25

Family fun days includes bouncy castle, games, face painting, live entertainment market, and silent auction.

www.kiwanisapplefestival.org

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IN & AROUND CALGARY

How will Calgary's main streets evolve in the future?

The City's Main Streets initiative has heard from Calgarians like you. In addition to considering your input, City planners have been working with economic research experts and industry partners to understand what the market demand, opportunities and challenges are for development in main street areas.

To see what The City learned about your main street neighbourhood through this work, visit calgary.ca/mainstreets.

Upcoming opportunities to get involved" There will be more opportunities to share your input about the future of Calgary's main streets in the fall.

Visit calgary.ca/mainstreets to become a subscriber and receive email updates about event dates and online input opportunities.

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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

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TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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IN & AROUND CALGARY

Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit calgary.ca/FairEntry or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit calgary.ca/FairEntry or call 311.
- Apply for the grant/credit by **Dec. 1, 2016**. Visit calgary.ca/FairEntry or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

Please note: Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit calgary.ca/FairEntry.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services.

Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

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