

JANUARY 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **CHAPARRAL** trailblazer

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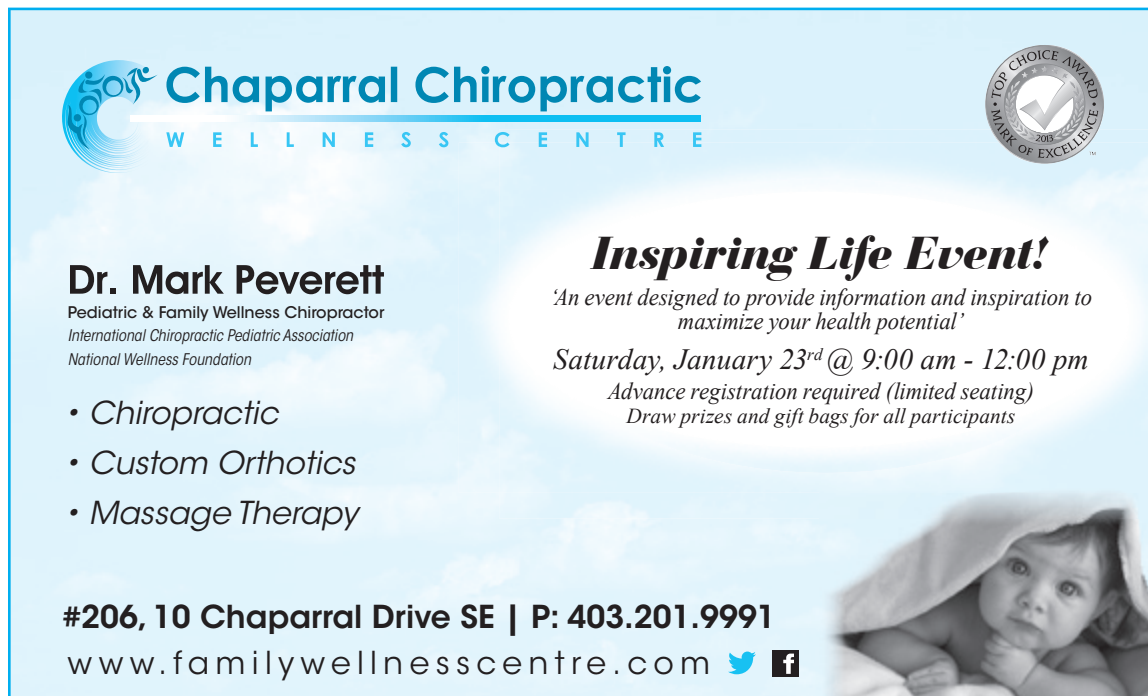


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Chaparral Community Association
PO Box 58001, Chaparral RPO
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ask@chaparralcommunity.com
www.chaparralcommunity.com

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Photo by Lorna Romaniuk

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Chaparral

COMMUNITY ASSOCIATION

P.O. Box 58001 • Chaparral RPO • Calgary, AB T2X 3V2

2015/ 2016 COMMUNITY ASSOCIATION CONTACTS

CCA BOARD OF DIRECTORS

President	Cory Exner	president@chaparralcommunity.com
Vice President	Lynette Javaheri	planning@chaparralcommunity.com
Treasurer	Fazeel Elahi	treasurer@chaparralcommunity.com
Secretary	Shareen Zardecki	secretary@chaparralcommunity.com
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Traffic Committee	Dee Treder	traffic@chaparralcommunity.com

COMMUNITY ASSOCIATION VOLUNTEERS

Volunteer Coordinator	OPEN	
Events Coordinator	OPEN	
Safe Communities Initiative	OPEN	
Sports and Recreation	OPEN	
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CCA Representative for Trico	Thomas Wimmer	memberships@chaparralcommunity.com
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Chaparral Valley Representatives	Jason Wilson	valley@chaparralcommunity.com
Lake Chaparral Representative	Lynette Javaheri	planning@chaparralcommunity.com
Chaparral Ridge Representative	OPEN	
For Information on any open position	Cory Exner	ask@chaparralcommunity.com



Erin Friesen
Professional Corporation, CGA

Personal and corporate taxes, corporate year-ends
(notice to readers), financial statements, GST, tax planning,
consulting and business start-up help.

Quickbooks and Simply.

587-350-7493
311 Chapalina Gardens SE
erin@erinfriesencga.ca

Chaparral Trailblazer

23rd

each month for the next month's issue

Submit to Lynette at
editor@chaparralcommunity.ca

Important numbers see at www.chaparralcommunity.com

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CCA 2015/2016 MEETINGS

All residents from Chaparral Lake, Ridge and Valley are welcome to attend the Community Association meetings. Meetings take place the 2nd Tuesday of every month, except July & August.

Lake Chaparral Building, downstairs
225 Chaparral Drive SE
7:30 PM

January 12th
February 9th
March 8th
April 12th
May 10th AGM
June 14th

SAFE COMMUNITIES INITIATIVE

We are looking for interested individuals that would like to attend- Building Community: Engaging through Safety Initiatives

Date: Monday, January 18, 2016
Time: 7pm-9pm
Location: Kincora Community Association meeting in the Symons Valley United Church (38 Kincora Rise NW)

For information contact editor@chaparralcommunity.com

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)

NEW RUNNING GROUP

Community residents are forming a new running group in Chaparral and invite you to join. We will meet several times a week to run various distances and intensities in the area. All levels are welcome. It's a great way to motivate yourself to stick to your exercise schedule and to meet new people in the community who share the love running. Let's work together on our fitness and running goals for next year or just have a reason to get out there, be active and have fun together on a regular basis.

Come and try it out once or become a regular for one or several sessions every week. We will also establish a group page on facebook if you are looking for a running partner outside the fixed sessions.

Its free and its fun. No more excuses.

For more information see www.runchaparral.com or contact Rudy at rudy@runchaparral.com

Hope to see you there!



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COMMUNITY ASSOCIATION:**
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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 inquiries 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 inquiries 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.

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2016 Garden Events That You Don't Want to Miss

I don't know why, but I always love putting out my new calendar in January. It never actually goes up on January 1st because I'm too cheap to pay full price for a calendar, but as soon as they go on sale I am in there and get it up as soon as I can. I think what I love is all the possibilities those blank pages seem to hold, just waiting for the adventures to start.

Of course the calendar doesn't stay blank for long. The kids go crazy and try to put stickers on every birthday they can think of, and I write down the dates for any events that I already know about. Real life intrudes with a lot of mundane, but there are always a few adventures thrown in to keep things interesting.

Since some of my favourite adventures are of the gardening variety, I thought this was a perfect time to give people some dates they should be marking on their calendars. I know they will be on mine!

February 25th -28th: Calgary Home and Garden Show, BMO Centre and Corral, Stampede Park

Just when the winter blues are starting to take hold, the Home and Garden Show is the perfect way to get out and start dreaming of spring.

Although a complete schedule had not been released by the submission date for this article, the website does include the following garden related presenters:

- Carson Arthur, landscape designer, author, and host of HGTV's *Critical Listing*, *Green Force*, *Room to Grow*, and *Home to Win*. Presentation Topic: TBA
- Donna Balzer, *The No Guff Gardener*.

Presentation Topic: Strategies for No Guff Gardening: Change your world, one cabbage at a time!

Admission, \$16 at the door or \$13 online for adults, children 12 and under free

March 19th: Seedy Saturday, Hillhurst Sunnyside Community Association 10:00-3:00

Their Facebook page touts this event as "the most fun

day of the year, for everything to do with gardening and healthy yards!"

Calgary Seedy Saturday is part of the worldwide Seedy Saturday/Sunday events that celebrate open-pollinated seeds. Calgary Seedy Saturday is keeping the skill of growing from seed to seed alive in Calgary. As large commercial seed companies consolidate and only offer more hybrids and patented varieties, we are increasingly losing the regionally adapted collections that have developed in our unique prairie climate.

A variety of seeds are available at this event as well there are always a number of tomato growers selling plants, along with a variety of other garden related vendors.

Admission \$2, children under 12 free (they accept Calgary Dollars)

April 9th-10th: The Calgary Horticultural Society Garden Show, Spruce Meadows

This two day celebration of gardening shines a spotlight on dozens of local speakers, showcases hundreds of exhibitors, allows us to get our hands dirty with hands-on activities for the whole the family, and honours the skills of top gardeners through fun competition.

With so many wonderful speakers and more than one presentation space, it is easy to make a day or even a weekend of this event. When I go I hardly spend any time with the vendors, yet I never seem to come back empty handed!

Keep your eyes on the Horticulture Society's website for more information on this event.

When you write down all these dates, remember they are just the bigger annual events that will be coming, so don't forget to leave room for some of the smaller ones. The Horticultural Society and Green Calgary are both

~continued next page~

great sources for a variety of other gardening talks or workshops that will be coming up over the next few months all over the city, as well as the Plant Share that will be happening in May.

It looks like that calendar will be full in no time!

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

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.



We have been working hard at building a social side to this, for parents, teenage babysitters & Dayhome providers.

Did you know we get together a few times a year? We volunteer in the community. We hold toy exchanges. We go on fieldtrips. We are... you!

CCC has many outings planned for the summer; if you want more information on what we are doing, and reminders for upcoming events, send us an email Info@caldayahomes.com. Barry 403-701-8326.



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Start Your Year off with Some Quick Tests that Could Save Your Life

We all know that we should have carbon monoxide detectors, smoke alarms and fire extinguishers in our home, but then we forget that we need to ensure that they are still working. The new year is the perfect opportunity to make sure your home is still safe.

Carbon monoxide detectors and smoke alarms should be tested monthly and have their batteries replaced once a year. CO detectors have a life of about 7 years and smoke alarms have a life of about 10. If they are older than that, or not working when you test them, replace them immediately.

Give your fire extinguisher a quick check monthly and make sure that it's in the right spot (visible and accessible) and that the gauge shows the correct pressure.

It is so easy to forget when you last looked at any of these items, so changing batteries at the beginning of the year and continuing to check/test at the beginning of every month helps to eliminate issues.

Remember to "Like" Selling Suburbia on Facebook for more tips, contests and valuable market information.



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

2015 CCA MEMBERSHIP CARD
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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 _____

Chaparral Community Association
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 The _____ Family
 CCA Membership Representative
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Keep Your Paws Warm!

by Jennifer L. Scott, D.V.M.

Well we are about to enter the heart of winter when we see temperatures of minus 20 degrees and lower outside and I don't want to walk my dog, although he is always ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and as long as the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds. There are exceptions. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans have little tolerance for cold. Fortunately stores now stock doggie coats from your basic knitted sweater to fine sartorial splendour depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Not true. Matted fur and excessive hair tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After walks rinse and dry your pet's feet if you suspect he has walked through chemicals.

Some dogs just can't tolerate cold paws no matter what you do. Consider booties for these individuals. Booties and mukluks come in all shapes and sizes for dogs. It is important that the boot breath and not compromise the blood flow to the paw. Most animals readily tolerate comfortable well-fitted boots. Online pet stores and local pet stores carry an array of boots for dogs. If you have a large active pet that will need heavy-duty boots you may want to consider custom-made footwear.

Along with their fur keep your pet's nails clipped. In our winters nails may split as your pet goes in and out from the cold and damp and nails may benefit from supplements such as omega fatty acids or fish oils.

My old Labrador would push through the roughest ground cover on the scent of a bird, but in the city he had very sensitive feet and could not tolerate rock salt on his paws at all. Nor would he tolerate boots. I used a paw wax on his feet. Applied to the pad these waxes seal the paw and protect the skin from ice and chemicals. They also protect the pads from cracking with dryness as the dogs go in and out. As long as your dog tolerates his feet touched the paw waxes are very easy to use. Vaseline is a cheap alternative but lasts only a short time outside and can pick up unwanted dirt adhering to the paw.

~continued next page~



TEEN BABY-SITTERS

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@caldayahomes.com or 403-701-8326

South Health Campus (SHC) Wellness Centre

Many NEW and EXCITING FREE Programs starting in January!
Check out our new Winter Program Guide www.ahs.ca/shcwellness

Emotional Well Being

Introduction to the New Journaling

January 11 4:30-6:00pm or February 5 1:00-2:30pm

Happiness Basics

Seven week series begins January 20

Mindfulness Drop-in

January 4 or February 1 4:30-5:30pm

January 22 or February 12 12:00-1:00pm

Meditation Drop-in

January 26-March 1 (Tuesdays)

5:00-5:45pm

Heart Math for Stress Management

January 25 9:30am-12:00pm

NEW! Using Drama & Art to Connect & Communicate (cancer survivorship)

January 18 10:00-12:00pm

Health Management

NEW! Roots, Berries and Oils: The Safe, the Maybe and the Dangerous

February 3 11:30am-12:30pm

NEW! Meals on Wheels Programs

January 19 6:30-7:30pm OR January 27 2:00-3:00pm

Living Well on Prednisone: Nutrition & Side Effects

January 20 10:00am-12:00pm

Caregiver/Family Support

NEW! Family Peer Support Program

Support/information to help people assist those affected by mental illness while staying balanced themselves.

Every second Tuesday

Begins January 12 6:00-8:30pm

Quit Smoking

Quitcore

Learn new strategies for staying smoke-free and discuss your experiences with others who are working toward the same goal.

Six week series begins January 25 6:30-8:30pm

Parents

NEW! Nutrition for New Moms

January 13 9:30-11:00am

Healthy Eating for Pregnancy

January 11 6:30-8:30pm

Secrets to Feeding Your Healthy Child

Three week series begins January 7 or February 4 6:00-8:00pm

NEW! Aspen's Supreme Bakers (Youth 12-18)

Nine week series begins January 22 5:00-7:00pm

Nutrition/Food Management Classes

The Truth about What Works in Weight Management

January 25 Afternoon

The Top 5 Tips to Reduce Calories

February 8 Evening

Dietitians in the Kitchen (demonstration)

January 21 12:00-12:30pm

New! A Pill a Day Keeps the Pounds Away: Facts and Fiction about Herbal Weight Loss

January 13 12:30-1:30pm

New! Food Waste- How it Effects You and What You Can Do To Help

February 4 6:00-8:00pm

February 10 1:00-3:00pm

Heart at Play: Raising Heart Healthy Families

Join us on Saturday February 27th to explore heart healthy habits for life!

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

Heart at Play

Raising Heart Healthy Families

Saturday February 27th
3rd annual Heart Healthy Family Day
10:00am—1:00pm
South Health Campus Wellness Centre



Wondering about healthy snacks & meals for life on the go?



Wondering if your family is active enough?



Wondering about small changes you can make for a healthier life?



Wondering how to fit everything in to your busy life?



What to Expect!

- Physician presentation
- Q&A time with healthcare providers
- Heart pumping activities
- Delicious cooking demos
- Interactive booths
- Blood pressure and cholesterol checks
- Healthy lifestyle information
- And more FREE family fun!

For more information contact April Matsuno
403.956.3932 or april.matsuno@ahs.ca



Keep Your Paws Warm! cont'd

New products are always coming on the market. Check with your veterinarian and don't forget to protect the rest of your pet from the cold by keeping them well groomed. A clean well-groomed coat insulates from both cold in winter and heat in summer better. Finally remember, like us, as dogs become elderly or arthritic they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.

KING'S CORNER MUSINGS FROM A LIFE-LONG EDUCATOR

“WHAT HAPPENED TO MY FRIEND, COMMON SENSE?”

As a native Calgarian I've seen and experienced many changes in my seventy two years, with more than half of them as an educator in our public school system. We have come from an era where the school and the teacher could do no wrong to a society, where some blame the school system for everything. Perhaps, it can be explained by this article sent to me by my brother-in-law. It is an obituary printed in the London Times which is absolutely brilliant!

“Today we mourn the passing of a beloved old friend Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain; - Why the

early bird gets the worm; - Life isn't always fair; - And maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge). His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6 year old boy charged with harassment for kissing a classmate; teens suspended from school for using mouth wash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun tan lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims. He took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a settlement.

Common Sense was preceded in death, - by his parents, Truth and Trust - by his wife, Discretion, - by his daughter, Responsibility - and by his son, Reason. He is survived by his 5 stepbrothers; - I know My Rights - I Want It Now - Someone Else Is To Blame - I'm A Victim - Pay Me For Doing Nothing

Not many attended his funeral because so few realized he was gone. If you still remember him, pass this on. If not, join the majority and do nothing.”

Until next time, think twice, react once.

Take care, Lawrence King, Director of Education



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Calgary



On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053

smile...

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Lake Chaparral Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	2,125,000	392,500	557,121	46	103
BUNGALOW	1,250,000	475,000	749,800	27	10
BI-LEVEL	545,000	457,000	501,000	62	2
4 LEVEL SPLIT	446,000	446,000	446,000	41	1
ATTACHED	582,500	450,000	506,950	16	5
CONDO	373,000	214,000	322,257	31	22

Chaparral Valley Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	750,000	399,900	502,834	49	37
ATTACHED	430,000	386,000	406,050	19	4
CONDO	353,000	314,000	334,500	34	15

Chaparral Ridge Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/ 2 SPLIT	630,000	355,000	415,173	35	11
BUNGALOW	430,000	422,000	426,000	33	2
BI-LEVEL	389,900	389,900	389,900	16	1
4 LEVEL SPLIT	365,500	365,500	365,500	63	1
ATTACHED	349,900	342,000	345,950	35	2
CONDO	325,000	250,000	292,750	44	8



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7:00 pm, Wednesday,
February 10, 2016
C.A. Smith Arts Centre,
Strathcona-Tweedsmuir School

FREE ADMISSION
Please RSVP at:
sts.ab.ca/SpeakerSeries

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Bestselling author of *Blended*
and *Disrupting Class*

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STRATHCONA-TWEEDSMUIR SCHOOL

WHAT'S HAPPENING



at the Lake

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

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.

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.

Upcoming Events:

New Year's Day Family Skate—Friday January 1, 2016 from 1-3pm

Enjoy an afternoon out skating with family and friends. Enjoy some hot chocolate & popcorn. This event is free to residents and their guests but we ask that you please bring a donation for the Calgary Food Bank.

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.



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403.668.6402

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.

WHAT'S HAPPENING AT THE LAKE CONT'D

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

Children's Programs

Devotion Danceworks

New classes start January 2016

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

Session 2

November 20 – February 5 (10 week session – No classes on December 25 & January 1)

Friday's starting at 4pm

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)

251st Chaparral Scouts

September 08, 2015 to May 27, 2015

Beaver Scouts (age 5-7) and Scouts (age 11-14)

To register contact Craig at craigpl13@gmail.com
 Visit www.scouts.ca for more information.

Sportball

New classes start January 2016

Friday's from 1:30-2:30pm & 2:45-3:30pm

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

Adult Programs

Zumba Fitness

Mondays 7-8pm

Dance like no one else is watching!

Come dance to Latin Rhythms while you sweat! For more info or to register, contact Maya at maya.cerutti@gmail.com

Kripalu Yoga Classes

New classes start January 2016

Tuesday and Wednesday Mornings 9-10:15am

Kripalu yoga is a gentle introspective practice that focuses on the intertwining of breath and movement.

(Wednesdays)

Need to recharge, relax, restore, come to Restorative Yoga. Restorative yoga seeks to achieve physical, mental and emotional relaxation with the aid of props. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body. Suitable for everyone. Very little movement - very gentle.

(Tuesdays)

Any questions, for more information and to register please call Tanya at **587-352-3049** or email Tanyayogagirl@gmail.com

Gentle Yoga with Patty

Thursday's 7-8pm and 8-9pm

New classes start January 2016

To register and for more details please contact Patty Grant; 403-990-9026 pgrant1@telus.net Facebook: Patty Grant-Yoga Therapy



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General Dentist

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(in front of the Keg
Restaurant)
403-264-6909
southtrail@pppd.ca



Sundance Location

Dr. Robert Phan
Dr. Justin Palmer
General Dentists

47 Sunpark Drive SE
403-256-6666
sunpark@pppd.ca

Financing Options Available

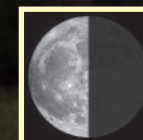


*Sunset October 9, 2015
Photo by Rod Christensen*

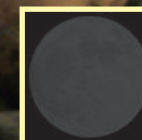
Great Photos of Chaparral Wanted!

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.

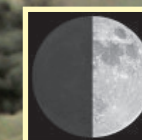
JANUARY MOON CALENDAR



Last
Quarter
Jan 1



New
Moon
Jan 9



First
Quarter
Jan 16



Full
Moon
Jan 23

LIVING YOUR BEST LIFE!



I have been a resident of Lake Chaparral for over 15 years and I absolutely LOVE this community.

I'm excited to bring you this monthly series focused on helping YOU live YOUR best LIFE!

Donna Reid, Nutrition & Wellness Specialist

Happy New Year! For many of us the New Year represents new beginnings, new enthusiasm and new goals! How do we make this year different, find out below in my Resolutions Answers,

Get expert answers to all your Health & Fitness Questions here.

Question: Well, it's that time of year again. Any advice on sticking to my New Year's resolutions in 2016?

Answer: To be honest with you, I don't really like the whole resolution approach at all. Wasn't it Einstein that said doing the same thing over and over again and expecting different results is a sure sign of insanity? If that's true, I find it ironic that people set similar goals year after year, and yet fail to reach those goals year after year. It's clear you want to make some changes—that what resolutions are all about—but it sounds like it's your mindset that needs to change. You have to determine how committed you are to living a lifestyle of health. After all, it takes dedication and hard work to exercise consistently, make healthy food choices most of the time, and get adequate sleep each night. And these are just some of the behaviors that define wellness. But here's the thing—when you decide that revamping your lifestyle is more important than reaching some short-term goal for 2016, New Year's resolutions will become a thing of the past!

Question: I'd love to run a 5K with some friends this spring, but I am not active at all right now. How should I go about training for something like this?

Answer: This is a great question! There are actually several plans on the internet that can take you from the couch to the 5K course in as little as 8-10 weeks. In fact, you can even use one of these plans if you have no intention of running a 5K, but simply want to start incorporating fitness (running) into your lifestyle. Most of the plans start with combination walk/jog/walk session, 3 days per week, steadily increasing the actual jog time from just 2 or 3 minutes to about 10 minutes by weeks 4 or 5. At this point, you also start to add an extra day of training, totaling 4 sessions each week. As you continue to increase your jog time, you gradually remove the walking warm-up, thereby finishing each workout with just a basic walking cool-down. By the time you get to 10 weeks, you should be able to run consistently for 25-30 minutes without stopping. Not bad for a former couch potato, huh? Do a Google search for couch-to-5K training programs. Good luck!

Question: I'm looking to add some serious muscle mass, and I'm curious about the engineered weight gainers out on the market? In other words, do you think weight gainers should be used to gain weight?

Answer: Weight gainer supplements can have a place when it comes to adding muscle, but here's my general philosophy on the matter. First of all, we know calories are of prime importance if gaining weight is the goal. We also know that some people simply can't eat enough to gain the type of weight that they'd like to. This means

~continued next page~

LIVING YOUR BEST LIFE

CONT'D

that liquid calories become pretty important because liquids obviously aren't quite as filling as solid foods. But my personal preference would be to create my own weight gainer smoothies with real foods, like fruits, yogurt, protein powders, oats, milk, and even things like peanut butter, frozen yogurt, and a little bit of chocolate. Then, you can combine these "beverages" with some hearty meals, and you'll be on your way to a bigger you in no time. If you've found a particular weight gainer supplement that you happen to like, and you can afford it, then you can certainly go that route too. I just happen to be a "food first" kind of gal, and I've always found my smoothies and shakes more palatable than what is on the market. In the end, do what you think is best, and don't forget to train for weight gain as well.

To submit a question for future articles, please contact the author at donnareid@shaw.ca

*Donna Reid, Nutrition & Wellness Specialist
Personal Training, Fitness Instructor*

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 31

TOT SPOT

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Meaningful curriculum | Large gym facility
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St. Bonaventure Junior High School

1710 Acadia Drive S.E., Lake Bonavista

Happy New Year!

St. Bonaventure continues to embrace the school maxim of spirituality, citizenship, and excellence. In terms of spirituality, the entire school community has had the opportunity to join in several liturgical celebrations including the Advent Masses and the St. Bonaventure Feast Day. Additionally, thanks to the entire school community for contributing to the Christmas Hamper Food Drive. Once again, the students and staff at the school embraced service learning. Your donations have helped many individuals in need within Calgary. What a great example of humility.

Our athletics and fine arts programs continue to provide opportunities for student engagement. Congratulations and thanks to the coaches, athletes, and parents who supported our wrestling program this year. The team had a strong showing in the city championships held at Notre Dame High School in late December. Basketball season is now underway and everyone involved is looking forward to the St. Bonaventure Sr. Basketball Tourney (final week of January). Moreover, the fine arts programs enjoyed a splendid night at the Winter Fine Arts Gala. What a showcase of talent! Thanks to everyone for supporting this spectacular event.

Academically, engaging all students for success continues to be a focal point each and every day at St. Bonaventure. A number of Grade 9 students are participating in the University of Waterloo Math competition. Furthermore, each and every student had the chance to participate in a lacrosse unit that was delivered by two professional players from the Calgary Roughnecks.

St. Bonaventure would like to extend best wishes to each and every member of the community for 2015!

St. Philip Fine Arts Elementary School

Happy New Year from all the staff and students at St. Philip Fine Arts School!

In our continued commitment to the arts we have many things to celebrate! Even though Christmas is over we need to mention a special thank you to our choir who represented our school by singing beautifully both at Spruce Meadows and at the Olympic Plaza for the annual Sing and Skate, getting everyone into the Christmas spirit!

In the spirit of giving and to prepare for the birth of our Lord Jesus, the season of advent was a time of giving and a call to action for St. Philip. We had many social justice projects and our school was involved in many charitable works. We had bags full of gently used winter clothing for the Jacket Racket program which donates these items to needy children and families. We also donated a truck full of food to the Veterans Food Bank! And we continued to be involved in supporting St. Bonaventure Parish and their Syrian refugee family program. We created a "citizen tree" and hung leaves that had potential donation ideas written on them. The families of St. Philip fine Arts School were very generous and all the leaves were gone in three days! What a wonderful, supportive school community we have here.

St. Philip Fine Arts School celebrated advent at St. Bonaventure Parish this year. The advent mass was followed by presentations by our Kindergarten to Grade 2 classes. What a fantastic job they did and thank you to our music teachers for all the hard work they did getting ready for that celebration.

As we continue through the year we look forward to many new and exciting events and presentations to come.



EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.



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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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BUSINESS CLASSIFIEDS

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LAWYER/NOTARY: Professional client-centered legal services for Wills, Power of Attorney, Personal Directives, Family Law, (divorce prenuptials etc.) Real Estate, and Contract Review. Kimberly DesLandes 203 20 Sunpark Plaza SE. Call 403-998-7872 or email kdeslandes@shaw.ca.

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PIANO LESSONS: Teacher with over 25 years' experience is welcoming new students. I enjoy teaching beginners as well as RCM up to Grade 5. I seek to give positive feedback and encouragement at each lesson. Call to arrange a lesson time. Do you home school? Day time lessons available. Call 403-457-4126 or placusta@me.com.

CERTIFIED GEL NAIL ARTIST: Home based business in New Brighton. New full set of French gel nails only \$30.00. Nail polish and design \$10.00. Also offer glitter tattoos and available for girls' nail party bookings. Please call 403-464-8612.

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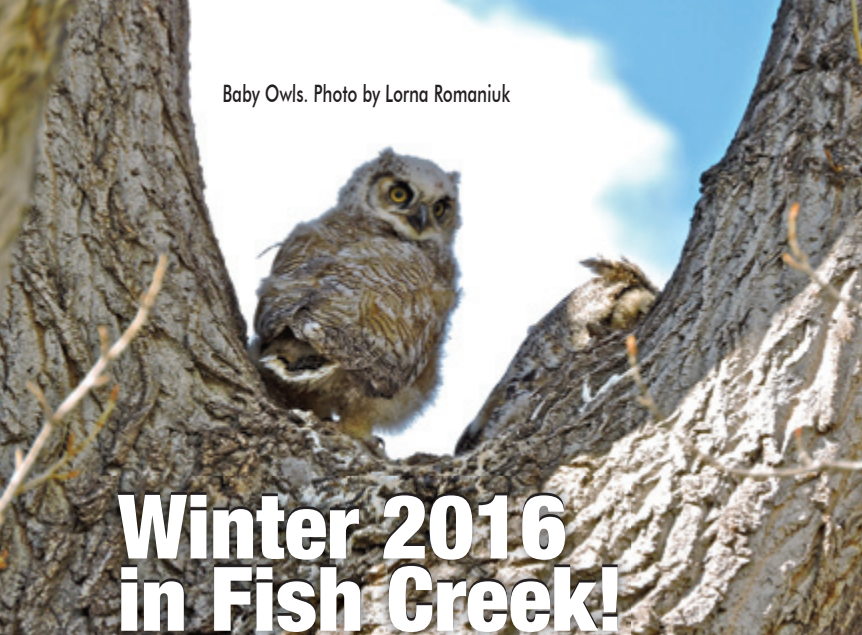
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NEW SETON CLINIC ACCEPTING FAMILY PRACTICE & WALK-INS: 19665 Seton Way SE (Inside Seton Superstore). To pre-register please visit our website: www.vineyardmedicalclinic.com. Vineyard Medical Clinic Seton hours: Monday Friday 8:00 am 8:00 pm, Saturday 10:00 am 4:00 pm, closed Sundays.

THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, sidewalks and tree removal. References available. Thank you for all your calls, Wendell at 403-613-6807.

YOGA BEARS KIDS YOGA: Deer Run Community Centre. Drop In Playschool Yoga for ages 2-5 every Tuesday 9:30-11:00am. \$15.00. Kids and Caregivers Svaroop Yoga (ages 2-10 with an adult) Tuesday 1-2pm and Saturday 10-11:30am. Classes start week of January 19th. Visit www.yogabears.ca or call 403-809-1930 to pre-register.

~continued on page 31~



Baby Owls. Photo by Lorna Romaniuk

Winter 2016 in Fish Creek!

Fish Creek Speaker Series

Presentations will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW). Friends members will receive free admission and the fee is \$5 each for non-members. Please register online at www.friendsoffishcreek.org/programs/speaker-series

**Fish Creek - From Gentle Stream to Wild River and Everything in Between:
A Look at Land Uses and Water Quality Assessment Through the Years**

Thursday, January 21, 2016
7:00pm - 8:00pm
Presented by Katie Pearson, Program Coordinator, Friends of Fish Creek
Join us for an evening all about the small creek after which our park was named! In this talk, we will explore how various land uses have affected the creek's water quality over the years. From 2007 to 2013, the

Friends worked with volunteers and community organizations to test the quality of the water in the creek. We will share the results of the Friends of Fish Creek Water Quality Monitoring Program and highlight the people and organizations that helped turn this dream into a reality.

Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016
7:00pm - 8:00pm
Presented by Lesley Peterson (PBIOL) Provincial Biologist Trout Unlimited Canada
The process of bioengineering was used to improve fish habitat along a side channel of the Bow River here in Fish Creek. Trout Unlimited Canada undertook this project in the spring of 2015 to improve and enhance the side channel located at Mallard Point. The entire area was heavily impacted by the flood of 2013 and Trout Unlimited saw the opportunity to explore bioengineering as an ef-


fective way to repair and enhance the area to improve fish habitat. The presentation will also explore the needs of fish during their life cycle and offer people background on Trout Unlimited and the work they do provincially and nationally.

Friends of Fish Creek Annual General Meeting

Thursday, January 28, 2016
Registration at 6:30 pm, Meeting starts at 7:00 pm
Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park
It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Refreshments will be served. Please contact the Friends of Fish Creek Provincial Park Society if you would like to attend, or visit www.friendsoffishcreek.org/event/agm

Fish Creek CommUnity Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need You!
Saturday, February 27, 2016
1:00pm - 4:00pm
Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park
(13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)
Come to the third annual Fish Creek CommUnity Fair to learn about amazing programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek! For more info, please visit www.friendsoffishcreek.org/event/fccuf.



TRICO CENTRE
FROM FRIENDLY TO VITALITY
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.

January 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, use the gymnasium, swim, skate, or play shinny, plus 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.)

A new session of registered programs starts in January 9 – check the Program Guide or www.tricocentre.ca.

Price Freeze

- Breathe a big post-holiday sigh of relief: recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

Adults

- Registered adult programs starting in January: Cardio Dance, Barre Stretch & Release, Core Fusion Barre, TRX Flow, Mindful Relaxation, Trim and Tone, Strong is the New Skinny: Weight Training for Women by Women, Fit 101 for the Absolute Beginner. Workshops include Foam Roller Workshop, Peek Week what? Strength & Conditioning Clinic: Jumps, Throws, and Agility, Yoga Nidra.
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included in membership.

Older Adults

- Registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!

Families

- Registered family programs; Family in Motion, Family Yoga, Mindfulness for Youth & Parent, Family YogArt, Prenatal Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Mommy & Me Fitness.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm and/or gymnasium from 6-7pm. Free for members; non-members \$3 per person.

Children & Youth

- Registered programs including skating lessons, swimming lessons, dance, sport, gymnastics, active play, and yoga for tots to teens.

BUSINESS CLASSIFIEDS

ANNA MARIE'S HAIR STUDIO: 403-256-4488

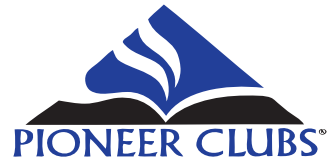
Bring in the New Year with style! Try a new colour and cut or highlights and lowlights. Anna has trained at Vidal Sassoon (London), Jingles (San Francisco) and Toni & Guy (New York). Studio conveniently located in the neighbourhood of Sundance.

MATH: Individual instruction / tutoring Grade 9 to Math 30. Specializing in Pure Math. Day-time adult / upgrading / home-schooled students also welcome. In Sundance. Call Claudia 403-873-6720.

BRAIN GAMES

SUDOKU

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



Hey Kids, we would like to invite you to Pioneer Kids' Club where we meet every Tuesday from 6:30 to 8:00 p.m., K to Grade 6. All children are welcome.

Come and join us for a fun time while we do projects, earn badges, make new friends, play games and learn more about God. We start again on January 5, 2016 and go until May 31, 2016.

Visit our website www.peacelca.ca to print off the registration form. Please call Shirley Cook at (403) 278-9023 with any questions.

Church office telephone: (403) 256-1439
Email: peacelutheran@telus.net
14640-6th St. S.W. Calgary
(1 block west of Fish Creek LRT)

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The Sundance Clinic

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31 Sunpark Plaza SE Calgary T2X 3W5



COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653
Hello Ward 14!

No matter what your 2015 was like, I hope your 2016 is even better. This year a Ward 14 tradition will be getting a fresh start—or a fresh name at least.

Counciltalk

Aldertalk finally has a name that fits with the title of Councillor. I've had reservations about leaving the old name behind. It fit so perfectly. But Aldertalk is a name for an Alderman, and I am a Councillor now. Counciltalk is a name for a Councillor.

I will now be using the name Counciltalk when referring to my monthly discussions, and if you have never attended one I sincerely hope that you will join on at least one occasion in 2016. In short, it is a chance to sit down with me—and your neighbours from around Ward 14—to talk about whatever municipally related topic you choose. It has become so popular that even some other Councillors are implementing their own versions of the idea.

It is very fitting that the first Counciltalk session will take place in Parkland. It was at the Parkland Community Hall on January 14, 2012 that a group of Ward 14 residents gathered for the very first Aldertalk. Since then residents of Ward 14 have been joining me regularly to engage in meaningful dialogue.

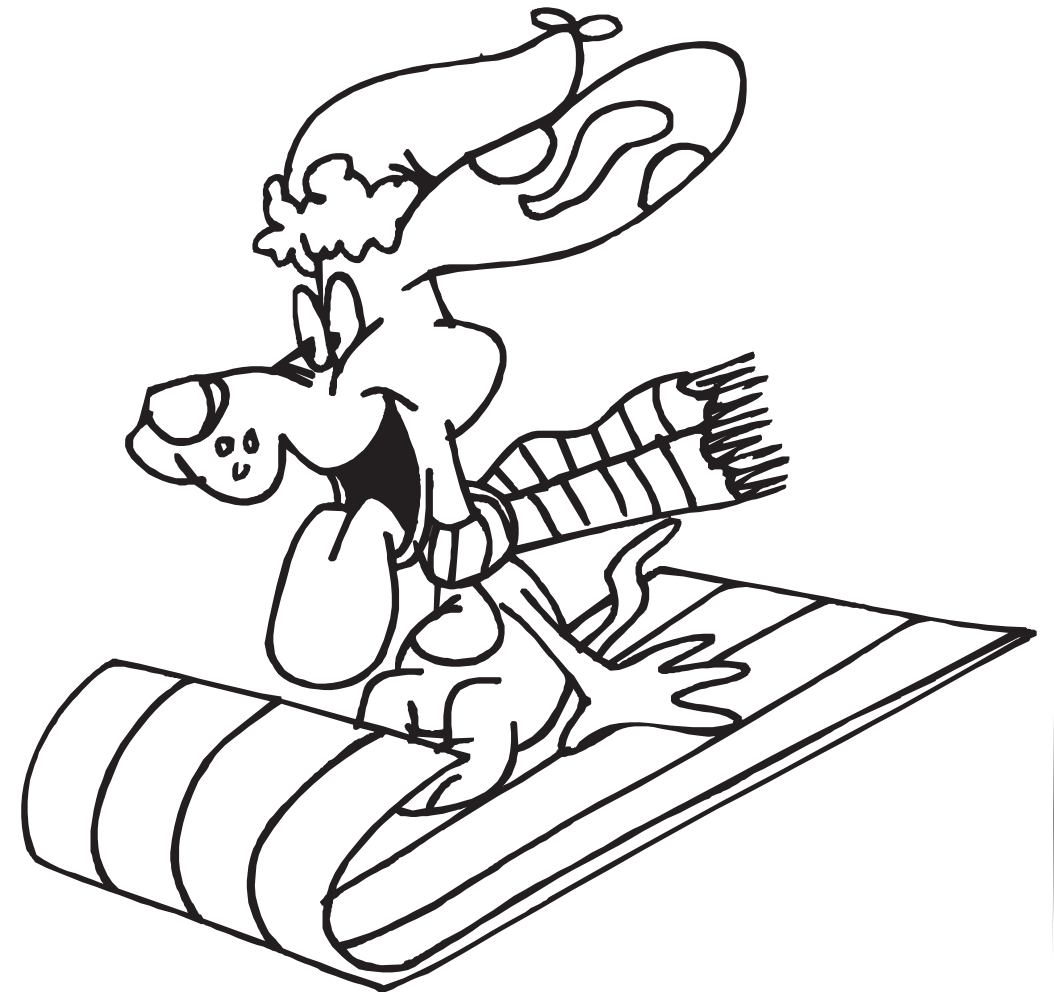
I want people to feel like they can always communicate with me. Aldertalk has been a powerful tool in my strategy for ensuring that they can. Because of the generosity of Ward 14's community associations it is also a low-cost tool. It is held about six months out of the year, and rotates location between communities in Ward 14. People only have to go as far as their local community hall to speak with me, but have been known to travel much further. We sit in a round-table configuration and go through each attendee individually to discuss the topic of their choice.

The 2016 Counciltalk season will begin in Parkland on January 16. It will be at the Parkland Community Hall (505 Parkvalley Road SE). The discussion will run from noon to 2 p.m., but I would love to have you there at noon so that we can get a head start on things, and so you are assured of some coffee.

For upcoming dates and details you can visit calgary.ca/ward-14counciltalk, but I also send email reminders about upcoming Counciltalk sessions, among other things. You can sign up for them at calgary.ca/ward14connect.

Property Assessment Notices

Before I sign off until February let me remind you to inspect your property assessment notice carefully this year. It will be in your mailbox shortly, if you don't have it already. Following the instructions on the notice and contacting the Assessment Department about errors could save you the cost of making an unnecessary appeal.



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**MLA, CALGARY-SOUTH EAST
RICK FRASER**

Suite 202, Building D
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Calgary, AB T2Z 0H2
(403) 215-8930
Calgary.southeast@assembly.ab.ca

My family and I would like to wish you a very Happy New Year!

I am happy to report our wish list drive for the Calgary Women's Shelter was a big success. I was able to visit them in early December to drop off all the constituent donations. Items that couldn't be used were donated to Women In Need Society. Thank you to everyone who participated!

I valued being able to meet constituents at the Cranston Christmas Bazaar, where I had a table set up with information for the community. I was also able to attend the Walden Christmas Craft Fair to help hand out door prizes, and speak to the residents. It's always great being able to spend time there. The Auburn Bay Parade of Lights was a huge success in its second year. I was pleased to sponsor a table this year and I was also able to ride in the parade. What a great turn out!

I've heard many concerns from constituents on Bills 5 and 6. I have called back every single constituent who has contacted my office on these issues, and appreciate the feedback I have received.

New Brighton Elementary School Parents Association is collecting bottles on an ongoing basis for fundraising towards their new school. For more information on how you can help: www.newbrightonschool.com/



MLA Fraser in the Auburn Bay Parade of Lights, December 2015

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