

MARCH 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

your CHAPARRAL trailblazer

Bringing Chaparral Residents Together





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ask@chaparralcommunity.com
www.chaparralcommunity.com

CONTENTS

Chaparral Community Association News	6
Green Thumbs	8
What's Happening at the Lake	20
King's Corner	22
Out and about in your neighbourhood	23
Living Your Best Life	24
Calgary South Little League	25
Chaparral Real Estate Update	27

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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
Membership	Thomas Wimmer	memberships@chaparralcommunity.com
Education	Lawrence King	education@chaparralcommunity.com
City of Calgary Liasion	Marilyn Houston	city@chaparralcommunity.com
Traffic Committee	Dee Treder	traffic@chaparralcommunity.com

COMMUNITY ASSOCIATION VOLUNTEERS

Volunteer Coordinator	OPEN	
Events Coordinator	OPEN	
Safe Communities Initiative	OPEN	
Sports and Recreation	OPEN	
Planning and Development	Lynette Javaheri	planning@chaparralcommunity.com
CCA Representative for SFCRA	Joel Irwin	sfcra@chaparralcommunity.com
CCA Representative for Trico	Thomas Wimmer	memberships@chaparralcommunity.com
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Condominium Liasion	Dee Treder	condos@chaparralcommunity.com
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

Deadline

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

March 8

April 12

May 10 AGM

June 14

COMMUNITY GARDEN 2016 SEASON

For anyone who is interested, Chaparral's community garden will have a few plots available for rent this spring. For more information email Jolene at chaparralgreenthumbs@gmail.com.

2016 JANES WALK

The 2016 Jane's Walk festival will be held on the weekend of May 6th, 7th and 8th. We are currently looking for residents who are interested in assisting in the planning of this community walk. If you would like more information please email ask@chaparralcommunity.com.

KEEPING YOUR PROPERTY SAFE

The Calgary Police Service remind us to help prevent crimes from happening to our homes, our vehicles and other property by looking at three key areas:

- Look at your home and auto from a criminal's point of view (think of this as CSI before a crime!)
- Lock it up! It's your first line of defense, and it's a good one. Use high quality locks and hardware.
- Be alert to suspicious people and vehicles in your neighbourhood, and report them to police.

Register for Police and Community Awareness Program (PCAP)

Call 403-645-2990 or calgarypolice.ca to register for PCAP, the Police and Community Awareness Program. PCAP lets you know by telephone or email message if there's a community crime concern that police would like you to know about. It's free and it is a great way to keep informed about concerns in your neighbourhood.

Additional Crime Prevention Information, please visit calgarypolice.ca

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)

COMMUNITY 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



CONNECT TO THE CHAPARRAL COMMUNITY ASSOCIATION:

Join our email list by subscribing at chaparralcommunity.com

Follow us on twitter @chaparralca

Find us on Facebook @ chaparralca

Visit our website at chaparralcommunity.com.



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.

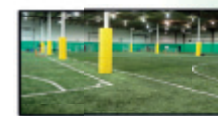
Your Community Association is the recognized body that liaises with government officials, expresses resident concerns regarding commercial, industrial and residential land use development and represents the position of residents on education, transportation, environmental and infrastructure issues.

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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Calgary Gardening Basics

Contributed by Jolene Ottosen for Chaparral Green Thumbs

Revival of the Victory Garden

During World War I the United States found itself with a food shortage on the home front. Many farmers had enlisted in the army and were serving overseas, and much of the food produced by those who had stayed was shipped abroad to feed the troops. The food that remained had to be rationed and often wasn't enough to meet a family's needs, so the government launched a war garden campaign. Victory Gardens, fruit and vegetable gardens in public parks and on private land, were born out of these attempts to supplement the meagre supplies and boost morale. The idea caught on and during World War I and II, Victory Gardens were planted in America, Canada, the United Kingdom, and Germany.

Although, thankfully, very few of us have ever experienced being at war, with our current economic state and continually rising food costs, the idea of Victory Gardens start to see a resurgence. The goal of this of type garden was to produce enough fresh vegetables through the summer for the immediate family and neighbours. Any excess produce was canned and preserved for the winter and early spring until next year's Victory Garden produce was ripe. The keys to planting were to choose crops that took little space (so no potatoes or corn) and that were easy to grow.

So, if this idea is appealing and you are thinking of starting a vegetable garden this year but have little or no experience, here are a few things you might want to consider:

Start small. Big is not better if you don't have the time to tend the garden and it ends up dried out and full of weeds. While many plants are fairly self-sufficient and don't need much care, they all need at least some water and will all grow better when they aren't fighting the weeds for the nutri-



ents in the soil. Also, to get the most from your efforts you will want to have good soil that has been amended with something like quality compost, so consider your budget when thinking about size.

Plant what you eat. No matter how great something looks or how interesting it sounds, it is a waste if you don't actually enjoy eating it.

Plant things that are expensive to buy. Fresh herbs are some of the most expensive produce you can buy when you look at the price per ounce, so it makes sense to grow them. I love new potatoes, but they take up a lot of space and are relatively cheap, so they are on my only if I have room list. Kale can be relatively expensive at times and keeps growing the whole season, so I always make room for it.

Plant things that grow well were you live. I like okra and I have grown okra. I got enough off all of the plants to add to one mixed vegetable dish. Was the okra good? Yes. Was the okra a waste of space and water? Ya, kind of. If you have the space, feel free to experiment, but if you are limited, stick with the sure things.

Plan ahead and rotate crops when you can. Try to have a plan for what you will do in a space when your lettuce or spinach starts to go to seed. Maybe you want to plant a second crop of the same thing, or maybe there is time to plant late carrots or something like that.

Figure out how to store your produce before it is ready to pick. Many fruits and vegetables begin to lose nutrients and decompose almost as soon as pick them. For some this happens slowly, but for others the process can be quick, so make sure you know what do ahead of time so nothing goes to waste.

Plant things that are easy to grow. Cauliflower is expensive and I love it, but I have never been able to grow it successfully, which means that the space I set aside for it ended up being wasted space. HGTV.ca gives the following advice in their article called "The Easiest 10 Vegetables to Grow".

~continued next page~

Carrots

Carrots prefer light, sandy soils and are best grown in full sun, though they tolerate light shade. Sow carrot seeds as soon as ground can be worked. Even moisture and soil temperature, 18-24° C (65-75° F) is essential for good germination.

Cucumbers

Cucumbers are tender, warm-season vegetables that require full sun. Plant seeds when all danger from frost has passed and the soil has warmed up. You need only a few plants to get plenty of cucumbers. In small spaces cucumbers can be trained to grow vertically on a trellis. There are also dwarf varieties for growing in containers.

Green beans

Green beans are one of the easiest vegetables to grow and are very prolific. Plant the seeds after the danger of frost has passed. They do not tolerate cooler temperatures, especially if the soil is damp. Bush types do not require staking, but pole types require support.

Lettuce and Salad Greens

Lettuce and salad greens (often called mesclun) are cool-season crops that perform best when planted in early spring or in the fall. Plant lettuce and mesclun every two weeks for a continuous harvest throughout the season. Once the heat of the summer comes the plants start to set seed or bolt and become bitter.

Onions

Onions can be grown from seed, but due to the long growing season required, most gardeners plant small bulblets called "sets." Onions benefit from a well-drained soil with plenty of compost or well-rotted manure added. The green shoots can be used in salads few weeks after planting.

Peas

Peas are one of the earliest producers. Sow seeds early in the spring as soon as you can work the soil. Even soil moisture is essential for peas. Snap peas have tender pods that you eat along with the immature peas inside. Snow peas are harvested as flat, tender pods before the peas inside develop at all.

Peppers

Peppers require a long growing season. Rather than planting seeds, plant young seedlings to give peppers enough time to mature before frost. They also love heat, so wait until the soil warms up before planting them out. Fertilize with a low or no nitrogen fertilizer. Too much nitrogen causes an excess of foliage. Provide even moisture, particularly during flowering and when fruit is setting. Use black plastic or mulch to attract heat, hold water and prevent weeds.

Radishes

Radishes are the easiest of all vegetables to grow. They are a cool-season crop best planted in early spring or early fall. Quick to sprout, they are ready to harvest in only four to five weeks. Because radishes germinate so quickly, they are often planted along with other longer germinating seeds to mark the rows.

Tomatoes

Tomatoes are the most popular vegetable grown in home gardens. There are many varieties suitable for both planting in the garden and growing in containers. Tomatoes are heat lovers and easy to grow with adequate moisture and sunlight. Plant transplants in the garden when the soil warms up.

Zucchini

Zucchini is a very prolific summer squash. One or two plants are all you need for a bumper crop. Plant when the soil has warmed to 21-27° C (70-80° F) because seed will not germinate in cool soil. Even and sufficient soil moisture is essential. Zucchini benefits from mild feedings with a fertilizer high in phosphorous to start fruit formation.

Finally, for anyone who is interested in a garden and doesn't have the space, or likes the idea of a community of support around them to call on for advice, Chaparral's community garden will have a few plots available for rent this spring. For more information about this email me at chaparralgreenthumbs@gmail.com.

Happy gardening!



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!

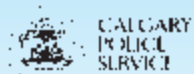
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Name _____ (Surname) (Given Name)
 Name _____ (Surname) (Given Name)
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 Cheque# _____ Cash Receipt # _____ E-order ref _____

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



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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.

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

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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.

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Cork  From \$1.99 Psf	Linoleum  From \$0.99 Psf	Luxury Vinyl  From \$0.99 Psf	

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IN & AROUND CALGARY

What's new in the SHC Wellness Centre

At the SHC Wellness Centre, we want you to get and stay as healthy as possible. We can support you in your wellness journey.

See our program guide at www.ahs.ca/shcwellness. Some of our FREE upcoming programs are highlighted below.

HeartMath

March 28, 6:00-8:30pm

Relieve stress anytime, anywhere. In this course you will learn a simple system of tools and techniques that can help you build emotional resilience, reduce stress, develop better problem-solving abilities, improve sleep, and increase mental clarity.

Sleep: Dr. Michael Specia

March 23, 7:00-9:00pm

Practical strategies, blended with the latest clinical research in this area, will offer you one of the most effective healing strategies, a good night's sleep. Dr. Specia will review facts about sleep and present an overview of the gold standard treatment for insomnia.

Living Well with Diabetes

March 30, 6:30-7:30pm

Intended for people who want to refresh their knowledge on self-management of diabetes. Topics include: tips for managing diabetes and living a healthier active lifestyle, taking care of your feet and managing high and low blood sugars.

Making Home Safer for Seniors

March 9, 7:00-8:30pm

This program provides a home safety checklist to ensure an older adult's home is safe from the pitfalls that could put them at risk for falls and injuries.

Nutrition for New Moms

March 16, 9:00-10:30am

Want to learn how to give your baby the best possible start, while also looking after your nutrition and health? Want to learn how to lose the 'baby weight'? Have questions about nutrition and breastfeeding? Facilitated by our SHC Women's Health Clinic Registered Dietitian.

Overview & Updates for HPV

March 23, 6:30-8:30pm

HPV is one of the most common sexually transmitted diseases. There are a number of vaccines to help protect women by preventing some of these infections. Are you trying to make a decision about a vaccine for yourself or your daughter? The symptoms, health risks, prevention and protection will be discussed in this workshop.

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.



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*March 20 - Palm Sunday *The Passion* 8:30 & 10:00 am

*Monday, March 21 7:30 pm

*Tuesday, March 22 7:30 pm @the Midnapore Chapel on 146 Ave. and Bannister Road

Wednesday, March 23 & Thursday, March 24 7:30 pm

*March 25 - Good Friday 11:00 am

*Saturday, March 26 - Easter Vigil - 8:30 pm

*Sunday, March 27 - Easter 8:30 & 10 am *Easter Services of Holy Eucharist*

Regular Sunday Services 8:30 & 10 am **Everyone Welcome!** 403 256-1428

Facebook: www.facebook.com/stpaulscalgary



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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.

An Affirming Ministry
Deer Park United Church
403-278-8263
www.dpuc.ca

GOOD FRIDAY POTLUCK & SERVICE
6:00 PM at Deer Park UC
77 Deerpoint Road SE

EASTER SUNDAY SUNRISE SERVICE
At Fish Creek Provincial Park (call for details)
7:15 AM at Glennfield Area A

**EASTER SUNDAY
CELEBRATION SERVICE**
10:00 am Deer Park UC
77 Deerpoint Road SE

**Good Friday March 25
Easter Sunday March 27**



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IN & AROUND SCHOOLS

École Blessed Mother Teresa

The first part of our school year has been filled with many exciting moment and engaging activities. Our students continue to support local initiatives for people in need. Such as: the Terry Fox Foundation, Jacket Racket, St Vincent de Paul Food Drive, Holy Childhood, and the HIP program. Our students are benefiting from these rich experiences of giving and service.

Our "Carnival" will be in February and it is always a fun way to highlight the French culture and traditions. Our students look forward to the songs, dance, games and the delicious maple syrup. Vive le Carnaval!

We will be organizing our "Me to We Spring Market" again this year. Individuals can purchase a table and sell their wares; we will also be selling books, jewelry, food, clothing, toys and more. All proceeds go directly to Free the Children for a needy village in India. Blessed Mother Teresa would be so proud of the great work of generosity by our school community. The market will take place on May 20, 2016.

Merci!

Sundance School

As we look back on February at Sundance, it was a month full of fun and exciting things. All the students participated in a dance program with KMotion. We also celebrated French culture throughout the school with our Carnaval. There were various activities for the students during the week to learn a bit more about French culture. The grand finale was our annual carnaval at Lake Sundance for all our Sundance families. There was skating, sledding and a visit from Bonhomme! Thank you to all the parents who help make this a great success.

In March, our K-2 students will take skating lessons, Grade 3 has a field trip to the Leighton Centre, MuseoKits about Canada's Fur Trade will make their way through the Grade 3-6 classrooms and the Grade 6 Regular Program students will tour MidSun school. Mid March we will have Hat Day at school. For a donation to the Children's hospital, students will be allowed to wear hats in school.

Parent Teacher Interviews will be on Thursday, March 17 in the evening and during the day on Friday, March 18 (no school). March Break begins Monday, March 21. Classes resume after Easter on Tuesday, March 29.

IN & AROUND CALGARY

Springtime in Fish Creek Provincial Park

www.friendsoffishcreek.org

Spring Birding Course

12 week Spring Birding Course starts Monday, March 28, 2016.

Increase Your Knowledge of Fascinating Bird Species as they Return from their Wintering Grounds and see them in their Local Habitats!

Fish Creek Speaker Series

Presentations will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park. Registration Required. For more information visit www.friendsoffishcreek.org/programs/speaker-series

Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016 — 7:00pm - 8:00pm
Presented by Lesley Peterson (P.Biol) Provincial Biologist
Trout Unlimited Canada

Top Dog: The Ecology, History and Survival of Gray Wolves in Kananaskis and Alberta

Thursday, March 24, 2016 — 7:00pm - 8:00pm
Presented by Melanie Percy, Regional Park Ecologist, Heritage Protection Team Lead

The topic of gray wolves (*Canis lupus*) elicits a spectrum of human responses that extend from passion and respect, to fear and hatred. A subject of absolute fascination for many, wolves are a top predator native to Alberta and are often considered integral to the maintenance of ecological health. While few of us have actually seen wolves, their presence can be confirmed by paw prints on trails and by the occasional howl on a moon-lit night. This presentation will discuss aspects of wolf ecology, social behaviour, and research techniques, as well as some of the challenges that wolves face throughout Alberta and much of this continent. Melanie will highlight these topics with anecdotes and personal stories from her years studying wolves.

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

PROFESSIONAL SERVICES



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE
www.sundanceanimalhospital.com
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Mon, Wed, Thurs, Fri 8-6
Tues 8-8 Sat 9-1

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Calgary AB, T2X 3T2

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 3rd annual Fish Creek CommUnity Fair to learn about the amazing range of programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!



Team Palmer

is busy selling Lake Chaparral!

KEN JASON TANNIS

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Lake Chaparral Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	760,000	445,000	518,143	31	7
BUNGALOW	435,000	417,000	426,250	16	2
BI-LEVEL					
4 LEVEL SPLIT					
ATTACHED					
CONDO	395,000	395,000	395,000	143	1

Chaparral Valley Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	570,000	485,000	527,500	38	2
ATTACHED					
CONDO					

Chaparral Ridge Sales Stats: YEAR TO DATE					
STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/ 2 SPLIT	380,000	380,000	380,000	13	1
BUNGALOW					
BI-LEVEL					
4 LEVEL SPLIT					
ATTACHED					
CONDO					



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Easter Weekend Services

Good Friday Services
9am & 10:30am

Canyon Meadows Cinemas
110-13226 Macleod Trail SE

Sunrise Service
Sunday 7:30am

Lake Sundance
63 Suncrest Way SE

Easter Services
Sunday 9am & 10:30am

Canyon Meadows Cinemas
110-13226 Macleod Trail SE

www.sunwestchurch.com

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802 STAIRS**

**OR RACE 1KM & CLIMB
802 STAIRS**

IN SUPPORT OF **APRIL 23, 2016**

www.ClimbForWilderness.ca

SHAPPENING

WHAT'S

at the Lake



Park Hours: 9:00 a.m. – 9:00 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.

Easter Event

Join us for our annual Easter Event Saturday March 19, from 10am to 12pm. Treats, petting zoo and an ap-

pearance from the Easter Bunny! Food bank donations welcomed.

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

CHILDREN'S PROGRAMS

Devotion Danceworks

Winter classes run Jan 18-April 25, 2016 (M,T,W,TH,F)

(No classes Feb 10-16 & March 21-28, 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

February 19-April 29, 2016

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)

251st Chaparral Scouts

Tuesday's 6:15-7:15pm

Wednesday's 6:15-9:00pm

January 5-April 27, 2016

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

Please contact Craig at craigpl13@gmail.com or visit www.scouts.ca for more information.

Sportball

Winter classes run January 8- March 18, 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

Winter classes

Tuesday Mornings 9-10:15am February 2-March 8, 2016 (6 weeks)

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.

Wednesday Mornings 9-10:15am January 13-March 16, 2016 (10 weeks)

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

Winter classes run January 14 – March 17, 2016

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

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“The Innocence of Children”

The neat thing about being a parent or an elementary school teacher is you are never sure what will come out of a child's mouth or how they will interpret the information they have been given. What you do know, is it comes from the heart and will be in most cases how they honestly feel and what they are thinking at the time. When you are a Grandparent like me, you get to experience and enjoy it all over again. One story comes to mind.

A couple of years ago my son and his family came to visit us in Arizona over Spring Break. I decided one morning to take my four year old granddaughter for a walk in our gated community and teach her about cactus. As an example, we would stop at one and I would say: “Now this is a Saguaro. Now say Saguaro.” This went on for about twenty minutes until we came to a Palm tree. I said to my granddaughter: “This is a Palm tree, now say Palm tree.” My granddaughter looked at me with her big brown eyes and innocent face and said: “Actually Grandpa, it is a coconut tree.” Ah! From the mouth of babes. I then explained that some Palm trees grew coconuts but not all of them. Here are some funny stories shared by several elementary school teachers and parents.

The children had all been photographed and the teacher was trying to persuade them each to buy a copy of the group picture. “Just think how nice it will be to look at it when you are all grown up and say, there's Jennifer, she's a lawyer, or that's Michael, he's a doctor.” A small voice at the back of the room rang out, “And there's the teacher, she's dead.”

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, “When I get to heaven I will ask Jonah” The teacher asked, “What if Jonah went to hell?” The little girl replied, “Then you ask him.”

A kindergarten teacher was observing her classroom of children while they were drawing. She would occasion-

ally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, “I'm drawing God.” The teacher paused and said, “But no one knows what God looks like.” Without missing a beat, or looking up from her drawing, the little girl replied, “They will in a minute.”

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to Honor thy Father and Mother, she asked, “Is there a commandment that teaches us how to treat our brothers and sisters?” Little Johnny quickly put up his hand (the oldest of a family) and answered, “Thou shall not kill.”

One day a little girl was sitting and watching her Mother do the dishes at the sink. She suddenly noticed that her Mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her Mother and inquisitively asked, “Why are some of your hairs white, Mum?” Her Mother replied, “Well every time that you do something wrong and make me cry or unhappy, one of my hairs turn white.” The little girl thought about this revelation for a while and then said, “Mummy, how come all of Grandma's hairs are white?”

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, “Now class, if I stood on my head, the blood, as you know, would run into it and I would be red in the face.” The class all agreed. “Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?” A little fellow shouted out, “Cause your feet aren't empty.”

One night before bed Donald, a three year old, proudly told his Grandmother that he'd brushed not only his own teeth but also the dog's teeth. The next day his Grandmother bought Donald a new toothbrush. “Why did you buy me this?” he asked. “Because you brushed the dog's teeth with your old one, Donald and that isn't healthy.” No, I didn't, Grandma,” he said. “I used yours.”

Until next time, love your children for who they are and remember you will always be one of their most important role models.

Director of Education, Lawrence King

OUT AND ABOUT IN YOUR NEIGHBOURHOOD

*“Art is literacy of the heart”
- Eliot Esner*

Lee-Ann Prodahl Knitting for Charity

It is evident that Lee-Ann is not only interested in knitting but any type of art as when I asked her what he favorite quote is she gave me one by Eliot Esner and the other by James McNeil Whistler: “As music is the poetry of sound, so is painting the poetry about sight.” Both are about art. However her favorite type of art is the art of knitting. Lee-Ann Prodahl is twenty- two and her favorite thing is knitting. She doesn't think that this will ever change.

Lee-Ann moved to the community when she was just three years old and lives in one of the first houses built in the community. She has lived here for nineteen years now and says it is a fantastic community to grow up in as she felt welcome everywhere she went.

Lee-Ann got into knitting with her grandmother as she would knit all the time! “I once asked her if I could help. Being very young when I asked, around 5, there wasn't very much I could knit, so to help out I raveled her yarn into balls to make it easier for her to knit. That was a huge accomplishment for me. Then a couple years back, I was feeling under the weather and my mother bought me a knitting starting kit. Within an hour, I had a full scarf. This surprised me, as I had really no idea how the techniques were done, but it just felt natural and it made me feel very delighted. After that, I made a scarf here and there, than over the past year I became quite serious, and was able to produce 2-3 items a day. They are great quality and I only make them with high quality yarn. It is truly a hobby I am passionate about, and I wanted to spread the joy around to others. So, I officially first started knitting when I was 16, when my mother got me the starting kit, now you will be able to see me making weekly shopping trips and coming out to my car with bags of yarn. I began getting serious with knitting about 2 years ago, and it truly makes me happy when you're as passionate about a hobby and being equally as talented at it!”

Lee-Ann says: “I would love to become more involved than I am already with charities. Not only is it something

I love to do, but it's also rewarding when you walk up to someone in need and hand them a hat, socks, and scarves: especially in the winter months. With the money I make knitting, I have a goal in mind where I get to help someone very dear to me who has been diagnosed with a heart condition. That family has been through so much, and as soon as I have the proper funds in order I will be donating to the Alberta Children's Hospital in the NICU unit in her name. I also just finished a lot of items in which I'm donating to 'In from the cold,' here in Calgary.

Lee-Ann has a goal set to run the 2016 Chaparral Triathlon to raise money for families at the Alberta Children's Hospital. As she says: “I would love to lean a hand in this community by volunteering my time and making my handmade items for people in the community here”.

“I have been part of Lake Chaparral for as long as I can remember. There are so many friendly faces here. When you go for a walk around the community, you can't help but smile at everyone you walk by because they are so welcoming and nice. I've spent many of my days here in Chaparral at the Lake. May it be skating, sun tanning at the beach, playing volleyball, or kayaking. This is a very welcoming and an amazing community and I am very proud to be a part of”.

Congratulations on having a great hobby Lee-Ann and thank you for everything you do for charities!

Jaden Baragar is a student at St. Mary's University. If you have a story idea or you would like Jaden to interview someone you know please contact editor@chaparralcommunity.com with your suggestion.

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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

Easter fills us with hope, joy and warmth. It is a time to get together with friends, family and loved ones and celebrate this joyful time. Remember to celebrate the good times and practice daily gratitude. We know that what we focus on, we receive more of, so I challenge you to spend 5 minutes each day being grateful for all that you have. Shift your thinking and shift your being!

Question: The popular activity trackers overwhelm me! I don't have a smart phone nor am I very computer savvy. Is there one out there that would be good for someone like me?

Answer: Most of the popular activity trackers do require you to sync the device to your smartphone or computer in order to track data and utilize all of the features the device has to offer such as sleep activity, calories burned, and heart rate. If simply tracking movement is your primary focus and you're interested in a device that doesn't require additional technology, the tried-and-true pedometer is the way to go. A pedometer senses your body motion and counts your footsteps. This count is converted into distance by knowing the length of your usual stride. Some of the best pedometers can calculate more than just steps. Without the need to sync to a computer, you might find a pedometer that also displays distance, calories burned, speed, and steps per minute or function as a stopwatch or clock. Wearing a pedometer and recording steps is a great motivating

tool to keep moving daily and it's as easy as clipping the pedometer to your belt and heading out the door.

Question: What are the health benefits to eating a plant-based diet?

Answer: A plant-based diet includes more volume of food from plants than animals. This type of diet includes grains, beans, lentils, fruits and vegetables along with, if you are not vegan, fish, lean-meats, and low-fat dairy. A plant-based diet has many benefits such as being high in fiber, vitamins and minerals, along with having high levels of antioxidants that are critical to neutralizing free radicals that cause aging and chronic disease. A plant-based diet also has a much lower caloric concentration than animal protein, which allows for more food volume without excessive weight gain. The first step in moving towards a plant-based diet is to fill half of your plate with vegetables and/or fruit, a quarter of your plate with whole grains and the remaining quarter with a lean meat or plant-based protein such as beans or lentils. Continue to adjust the makeup of your plate until the entire plate is full of veggies or fruit, which might take a bit of time.

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

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

Calgary South Little League



On-Line Registration

Register on-line at www.calsouthlittleleague.org. NOTE: Coach Pitch to Senior Registrations received after February 29, 2016 are subject to a \$50 late fee.

Volunteering with CalSouth

CalSouth needs YOU!!! Please check out our website to see how you can volunteer with CalSouth.

Evaluations

Evaluations will be held at the Okotoks Dawgs Fieldhouse on March 19 & 26.

Spring Player Development Camps

Cal South will once again run our Spring development camps beginning **Friday March 4, 2016**. These camps are open to all players between the ages of 7 and 14. The camps will run Friday evenings through **April 22, 2016**.

Are we connected?

Check out our website at www.calsouthlittleleague.org **for the latest information**

Like us on Facebook at *CalSouth Little League*

Follow us on Twitter at *CalSouth LL*

Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"



The Cutting Room

Hair by Lisa

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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.

March 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.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

Adults

• More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

• Foam Roller Workshop: March 5 from 1-2:30pm Members \$23, non-members \$30.

Older Adults

• Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults:

~continued on page 30~



Chaparral Real Estate Update

Last 12 Months Chaparral
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2016	\$519,140	\$501,200
December 2015	\$726,260	\$674,200
November 2015	\$501,430	\$493,044
October 2015	\$508,320	\$498,333
September 2015	\$507,523	\$497,647
August 2015	\$510,752	\$502,736
July 2015	\$507,199	\$494,630
June 2015	\$564,495	\$551,153
May 2015	\$548,910	\$535,707
April 2015	\$615,409	\$601,088
March 2015	\$570,553	\$562,571
February 2015	\$613,396	\$598,607

Last 12 Months Chaparral
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
January 2016	25	10
December 2015	14	5
November 2015	10	9
October 2015	15	15
September 2015	19	17
August 2015	23	15
July 2015	20	13
June 2015	12	32
May 2015	39	20
April 2015	19	17
March 2015	29	13
February 2015	22	19
Total	247	185

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

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HOME

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SMALL CLEANING BUSINESS: Requires one person to work. No weekends or holidays, daytime work. Phone Jackie at 403-256-3611.

HARDWOOD FLOOR INSTALLATION: Pre-finished, unfinished, laminate damage repair. Quality craftsmanship. For estimate call Les at 403-236-7991 or 403-399-0243.

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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.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

PLUMBING, HEATING, RENOVATION & HANDY-MAN SERVICES: A local Lake Chaparral business offering fast professional services for all your home needs. Licensed, insured, fully guaranteed and registered with the Better Business Bureau with over 20 years experience. Written estimates. Furnace specials. Need advice? Call today 403-389-9500. Can-do Plumbing, Heating & More Ltd. www.can-do.ca.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A father and son team with more than 25 years of painting experience in Calgary and surroundings with over 2,000 homes painted. We do all kind of interior painting, staining, or spraying. Please call Eric at 403-870-0326 or visit www.calgaryabpaintingservices.ca. Thank you.

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

PLUMBING PARAMEDICS: For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 www.plumbingparamedics.ca.

MILLRISE CLEANING SERVICE: has availability for weekly and bi-weekly. Call 403-714-2508 or Email: millrisecleaningserv@shaw.ca.

PERSONALIZED CLEANING SERVICES LTD: Enjoy your spring and let us worry about the cleaning! Book your Spring Clean early and save \$40.00! All supplies provided! Insured and bonded! 100% satisfaction guarantee! Call Kim NOW 403-454-3680.

TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.

RICHARDS PLUMBING & HEATING: Over 15 years of experience with very reasonable rates. Richards Plumbing & Heating is a fully insured company ready to take on the plumbing work that you need completed. Located in Walden. Please call for a free quote. Wade Richards 403-813-2941.

THE HOMESTEAD HELP COMPANY INC: Based in Lake Chaparral I am pleased to provide regularly scheduled home maintenance and minor repair services to homes in South Calgary. For more info visit www.homesteadhelp.ca or call Scott 403-648-0771.

X-STREAM PLUMBING AND HEATING LTD: Serving Calgary for over 20 years. Plumbing and heating repairs, drain service, hot water tanks, furnaces, fixture replacements, renovations, new construction, gas-fitting. Prompt and reliable. Licensed and insured. For X-Stream service without the extreme pricing. Call 403-726-2226 or email us at contactxstream@gmail.com.

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CHILDCARE / DAYHOMES

LAKE CHAPARRAL DAYHOME: We fill the day with play, games and crafts. Large walkout basement and great back yard for outside play. One space available. Please call Pippa on 403-457-8492 for further information or email piplingard@hotmail.com.

YOGA BEARS KIDS YOGA: Deer Run Community Centre. Drop In Playschool Yoga for ages 2 1/2 to 5 years. Yoga, songs, stories and crafts. Tuesdays 9:30 - 11:00am. \$15.00/class. Please bring a small snack and water for your child. RSVP to drop in, by calling or texting 403-809-1930. Visit www.yogabears.ca or email kauragyogabears@gmail.com for more information.

LESSONS / TUTORS

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



www.Revolutiondancecalgary.com



~continued on page 30~

BUSINESS CLASSIFIEDS

PERSONAL

ANNA MARIE'S HAIR STUDIO: 403-256-4488; right in the neighbourhood. Get a new cut and colour or highlights to welcome Spring! Anna has trained at Vidal Sassoon (London), Jingles (San Francisco) and Toni & Guy (New York). Free consultation.

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.

ESSENTIAL OILS FOR WELLNESS: Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

MISCELLANEOUS

FOR ALL YOUR BOOKKEEPING/ACCOUNTING & TAX RETURNS PREPARATION: call the specialists at KAACA Professional Inc a reputable practice providing affordable services to individuals, small business owners, corporations. We handle Bookkeeping/accounting, tax planning (minimize your tax), tax returns, and Payroll. Call or text at 403-383-5951, www.kaaca.net. Ken K., Your trusted neighbourhood accountant.

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.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

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.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

Trico Centre cont'd

Check out Be Fit Age Well, Fit'n Fab, and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

- Spring Break Day Camps: Half and full-day daily camps for 6-12 yrs from March 21 to 24 and March 28 to April 1. Plus weekly camps from

March 21-24: Little Springer (4-5 yrs); Adventure Spring Break Camps (6-12 yrs.)

- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.



**COUNCILLOR, WARD 14
PETER DEMONG**

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

Hello Ward 14!

The transition from winter to spring brings out one of my favourite traits in the true Calgarian. The slightest reprieve from the harsh weather spurs a wave of activity in this beautiful City. The prohibitive weather seems to inspire a real respect for the ability to take an active role. It breeds appreciation for the chance to take part and be involved.

Citizens' View

We need to nurture and harness Calgarians' strong desire to be involved, which is why I am so happy to see the City of Calgary catching on with initiatives like Citizens' View.

If you want to participate in shaping City of Calgary programs and services I suggest signing up at www.citizens-view.ca. As a member of the Citizens' View panel you will be updated of opportunities to provide input. You will also receive information about upcoming events and service improvements. I signed up for Citizen's View, and have been very impressed. You should too.

Action Plan Check-in: Mid-Cycle Budget Adjustments

You may have seen a City bus at Deer Valley Shopping Centre when you were out and about during February. It is another example of how the City of Calgary is catching on with some great new initiatives. It was a perfect opportunity for Calgarians to get involved. Are you noticing a theme?

We developed the Action Plan in 2014 as the City's business plan and budget document for 2015 through 2018. It was based on one of the most robust public engagement efforts that I have seen in my time as a Councillor. Council tweaks the plan every November, but given economic events of the last year or so there is a clear need to revisit the plan in more depth for 2017-2018.

The bus visited several locations in the City during February to gather input from Calgarians on what matters most to them. The input will be used to advise adjustments to the City's business plan and budget for 2017-2018. The chance to get involved in this is not over—although it will not be via bus. You can visit calgary.ca/

check-in for other opportunities to share your opinion through the end of April, and I am always happy to incorporate your view. You can contact me anytime, or join me at Counciltalk.

March Counciltalk

The February edition of Counciltalk was great. Thanks for coming if you were there. If not, the next is on March 19 at the Deer Park United Church (77 Deerpoint Road S.E.) from noon to 2 p.m. All the Counciltalks are listed at calgary.ca/counciltalk, and you can sign up to get reminders for all the Counciltalk dates at calgary.ca/ward-14connect.

ATCO Gas Fish Creek Provincial Park System Improvements

You may have heard about safety improvements being made to ATCO Gas' pipeline system or seen some work being done in Fish Creek Park. I won't go into too much detail because it is best that you get your information straight from the source, but pipeline construction will continue and is scheduled to the end of June. I encourage you to visit atcopipelines.com to learn about the project in detail.

Have a great March!

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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
Kerby Centre for the 55 plus	403-265-0661
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

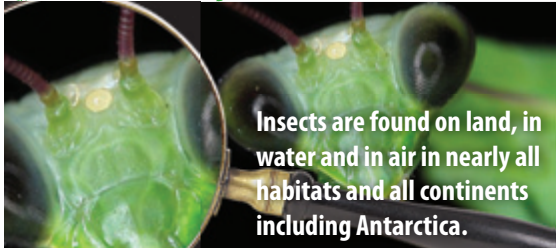
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- ◆ Forty word limit

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