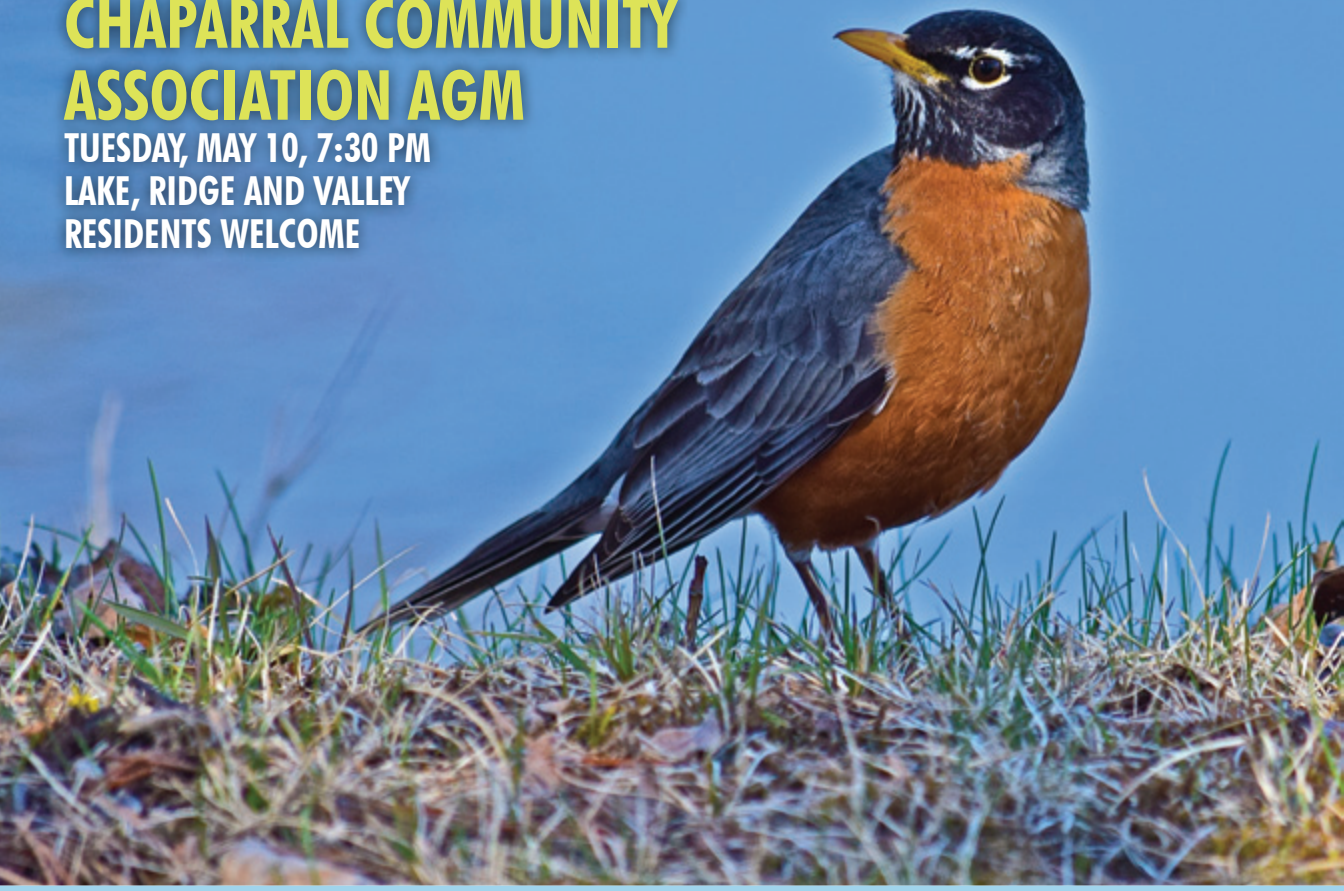
MAY 2016 YOUR OFFICIAL COMMUNITY NEWSLETTER

your CHAPARRAL trailblazer

Bringing Chaparral Residents Together

CHAPARRAL COMMUNITY ASSOCIATION AGM

TUESDAY, MAY 10, 7:30 PM
LAKE, RIDGE AND VALLEY
RESIDENTS WELCOME



CHAPARRAL COMMUNITY ASSOCIATION www.chaparralcommunity.com

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Patrick & Shelagh Krause's

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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
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Volunteer Coordinator	OPEN	
Events Coordinator	OPEN	
Safe Communities Initiative	OPEN	
Sports and Recreation	OPEN	
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Lake Chaparral Representative	Lynette Javaheri	planning@chaparrralcommunity.com
Chaparral Ridge Representative	OPEN	
For Information on any open position	Cory Exner	ask@chaparralcommunity.com

Chaparral Trailblazer Deadline

23rd each month for the next month's issue

Submit to Lynette at editor@chaparralcommunity.ca

Important numbers see at www.chaparralcommunity.com

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

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NEWSLETTER AD SALES

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Photo by Lorna Romaniuk

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CHAPARRAL COMMUNITY ASSOCIATION NEWS

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

Chaparral Community Association Annual General Meeting
Tuesday, May 10, 2016
Doors open at 7:00
Meeting starts at 7:30
Lake Chaparral Boathouse
225 Chaparral Drive S.E.

All residents of Chaparral Lake, Ridge and Valley welcome.
Check out our website www.chaparralcommunity.com for the meeting agenda or email ask@chaparralcommunity.com for more information.

2016 Jane's Walk
The 2016 Jane's Walk festival in Chaparral will be held on Saturday May 7. This is the second year we will be hosting a Jane's Walk, a walking conversation around the community. We will be meeting at the Lake Chaparral parking lot at 10am and expect it will take about an hour and a half or so to complete our tour. Please join us and bring a friend, family or neighbour if you like. If you would like more information please email ask@chaparralcommunity.com.

Free Yard Waste Disposal
Spring cleaning means plenty of yard waste that can be given a second life as compost. Residents are encouraged to drop off your yard waste for free at City landfills so it can be composted instead of thrown away.
Until May 29 City of Calgary landfills will waive fees for residential loads of leaves, branches, plants and other garden material. The yard waste will be composted at the sites, turning it back into a useful resource.

Before you go to the landfill:
- Make sure your load only contains yard waste like leaves, branches and plants (no sod – it can't be composted at City sites). Charges will apply if the load contains other items.
- You are encouraged to leave yard waste loose or put it in paper yard waste bags, which can be composted as well. If yard waste is loose, make sure to secure and cover loads before transporting them.
- City landfills are open seven days a week from 7:30 a.m. to 5:00 p.m. Visit the nearest location at: Shepard Landfill – 114th Ave. and 86th St. S.E.

Relocation of Midnapore Household Hazardous Waste Droff-Off
Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 has been temporarily relocated to: Evergreen Fire Station 37 at 2511 Eversyde Avenue S.W. seven days a week, from 8 a.m. to 6 p.m.
The Midnapore household hazardous waste drop-off will remain closed until early 2018.
Other household hazardous waste drop-offs in the south include Shepard Landfill – 68 Street and 114 Avenue S.E.
Should you have any questions or concerns about the relocation of the Midnapore Household Hazardous Waste Drop-off, please call 311 or visit calgary.ca/waste.

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

~continued next page~

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)

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.

Lovely Lawns

Contributed by Jolene Ottosen for Chaparral Green Thumbs

Spring is here and if we keep our fingers crossed the snow will stay away. It is time to get that garden planted and then start work on your garden's backdrop, your lawn. Not only are strong healthy lawns beautiful (maybe even more than your neighbours this year…) but the less time you need to spend on your lawn, the more time you have for your garden!

Here are a few tips put out by The City of Calgary to get you off to a good start.

1. Aeration For those who are unfamiliar with aeration, this is the process where small plugs of soil are removed from the lawn, allowing more oxygen and water to get at the roots. The end result looks a bit like a dog went crazy on your lawn for about a week, but once the cores break down, you will only notice the healthy glow! No matter how bad it looks that first week, do not remove the cores. They will break down and put much needed nutrients back in to the lawn.

Some people recommend doing this in the fall, some in the spring, others say both. If you didn't do it last fall, it should be done this spring. Just make sure that you do it while the weather is cool to help your lawn recover as quickly as possible.

2. Dethatching or power raking Thatch is the layer of dead and living organic material found between the soil and the green grass you see above. One of the main causes of thatch is overwatering your lawn which can result in sudden rapid growth and a root network that is too close to the surface. More than half and inch of thatch can cause problems by not allowing air, water, and nutrients to get to the roots, and by providing a protected environment for disease and pests to flourish.

Dethatching can be done with a machine, or by hand and you are literally raking up as much of that thatch as you can. Manually doing the job takes more time, but is gentler on the lawn. However, if you have more than an inch of thatch, you should consider bringing in a professional.

Regardless of the method you choose, before you start, cut your lawn shorter than you normally would (about half the normal height), and be sure to remove the thatch when you are all done.

3. Topdressing Topdressing is another way to perk up your lawn and can help fill in any holes or low spots, encourage the lawn to spread, and potentially add nutrients to the roots depending on what material you use.

The key for topdressing is to wait and make sure that your grass is no longer dormant and has started to grow. You could damage your lawn by topdressing too soon. Once you have determined that it is growing (dethatching helps with this, perhaps wait a week or at least a few days after dethatching) make sure your grass is short. Cut it the day before if it needs it.

The best materials for topdressing are compost or sandy loam. Spread the material over your entire lawn with the backside of a rake, about an inch thick all over. You should still be able to see the tips of the grass. Don't worry about levelling just yet. Allow it to settle and dry for a few days first for the best results, then rake it level and remove any extra. If you are planning to reseed, this is the perfect time.

4. Fertilizing Fertilizing your lawn can also help to keep it green and build a root system that can withstand our hot dry summers, if you have not already topdressed with something like compost. My personal preference for this step would be to choose a natural form of fertilizer, such as spraying compost tea. If you would rather go with a chemical fertilizer, look for a quality, slow release formula that will provide balanced nutrition to your lawn over time. Do not fertilize if rain is forecast over the next 24 hours as a heavy downpour could wash away the fertilizer or allow it to pool in low areas.

5. General Maintenance Now that you have put in all of this work, there are a couple of other tips to maintain that beautiful lawn all summer.

A healthy lawn needs no more than an inch of water per week (this includes rain, so consider purchasing a rain gage) and it is better to water deeply a couple of times a week than a little bit every day. This encourages the growth of a deeper root system.

Try to water in the morning when it is cooler so you don't lose your water to the heat. Watering in the evening can allow the water to pool around the roots and encourage disease.

When mowing your lawn, keep the blades of your mower sharp so they cut not tear.

Mow in the evening, so your grass has time to recover before facing the full heat of the sun.

Set your mower to leave the grass three inches tall. Yes, you will have to mow more often, but you are protecting your roots from sunburn this way and preventing weeds from germinating.

The final question is what to do with the grass clippings once you are done. There are two schools of thought on this issue. Some claim that it is best to leave the grass as it will break down and provide nutrients for the roots, but others worry that this grass could mat and create thatch issues. However, most people feel that if you use a mulching mower it is perfectly fine to leave the clipping where they lay. Or, you could compost the clippings, the choice is yours.

For more on this or other ideas for a healthy yard, visit calgary.ca/healthyyards.

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 www.chapgreenthumbs.ca/ or email us at chaparralgreenthumbs@gmail.com.

Devotion Danceworks
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SUMMER DANCE CAMPS
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August 15-18

"A Frozen Summer"
"Pirates and Pixies"
"Dancing with Fairies"
"Discover Dance"

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www.devotiondanceworks.com

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We Cater

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Chaparral
COMMUNITY ASSOCIATION

www.chaparralcommunity.com

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**
Serving Lake Chaparral, Chaparral Ridge and Chaparral Valley

Chaparral COMMUNITY ASSOCIATION

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 _____
126

SAMPLE

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

WHAT'S HAPPENING at the Lake

Photo by Lorna Romaniuk

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@chaparral-community.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.

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
Mondays 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
Tuesdays and Thursdays 10am-12pm
We meet outside the lake house (by the flags) around 10am to start our walk.
Our walks usually last one hour and then we meet inside the lake house for coffee and a visit.
Cost: $0.50/person drop-in
Did you know that three laps around the walking path = two Kilometers

Children's Programs
NEW Wednesdays starting June 15.**
Kids Non-Competitive Ballroom and Latin-American Program 4 to 7 years old opens up a whole new and exciting social experience. Coordination, self-esteem, social interaction, fitness and pure passion for dancing are only a few of the benefits this program offers.
Youth Non-Competitive Ballroom and Latin-American Program 8 to 16 years old enables the young dancers to develop their coordination and discipline through better understanding of the basic fundaments of dancing. It caters to couples as well as singles, covering different styles of dancing.
To register please contact Petre at uniquedancecalgary@gmail.com or check out www.uniquedance.ca

Devotion Danceworks
Spring classes May 2-June 13, 2016 (M,T,W,TH,F)
Summer Camps:
• July 4-7
• July 18-21
• August 15-18
Ballet, Jazz, Tap, Hip-Hop
Ages 3 and up
To register and for more information please contact Elizabeth Rieb 403-828-9675
Elizabeth@devotiondanceworks.com
www.devotiondanceworks.com

Young Rembrandts Drawing Program
Session 2
May 6-June 24, 2016

Summer Camps
• August 22-25
Friday's from 4-7pm
Young Rembrandts teaches drawing to children aged 3 ½ to 12 years. We intentionally offer child-friendly and relevant subject matter to spark children's interest and increase knowledge retention. Our classes are fun, engaging and affordable. Watch your child reach a brand new level of confidence and potential with this engaging, award-winning program. Our unique, proven method and step-by-step curriculum dispel the myth that art is a talent a child has or doesn't have, and demonstrates that art can be learned by all children.
Check out our website; www.youngrembrandts.com/southernalberta
Email; Calgary@youngrembrandts.com
Phone; 403-457-DRAW (3729)

Sportball
Spring classes run April 8-June 24, 2016
Summer Classes July-August 2016
Fridays from 12:30-1:30pm; 1:30-2:30pm and 2:45-3:30pm
Sportball is a dynamic sports program focusing on skill development in eight 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
NEW*Wednesdays starting June 15**
Adults Ballroom and Latin-American Program has been created using a tried & true teaching model tailored for both singles & couples. It embodies two different courses appealing to the adults: Ballroom & The Latin Beat (beginner course) and Ballroom & Country Dancing (beginner course)
To register please contact Petre at uniquedancecalgary@gmail.com or check out www.uniquedance.ca

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
Spring classes April –May 25th
Tuesday Mornings 9-10:15am
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
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

~continued next page~

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We Know Chaparral.

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Not intended to solicit properties already listed for sale. **Based on the number of sales on CREB MLS® for Chaparral 01/01/13 to 31/12/13

What's Happening at The Lake:

Gentle Yoga with Patty
Thursdays 7-8pm and 8-9pm
Spring Classes April 7-June 9, 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
***NEW* Summer Yoga Program**

Mom & Baby Yoga—Tuesdays 1pm
May 17-June 28, 2016
July 5-August 30, 2016
(No classes July 18-21 or August 15-18)

Beginners Yoga—Thursdays 530pm
June 23-July 28, 2016
August 5-September 1, 2016
(No classes July 18-21 or August 15-18)
For more information and to register please contact Sarah yogayamalife@gmail.com or check out her website yogayamalife.com

www.kilbco.com

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Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

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

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

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

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

Membership is a voluntary $20 per year.

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

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

CALGARY POLICE SERVICE

District 8

Mid-Sun Service Centre
450 Mid Park Way SE
Phone 403-428-6800
Office Hours
7 days a week 8:00 am - 6:00 pm

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public *and working for all Calgary families.*

CUPE
Calgary's city employees

Making your city work for you

Team Palmer

is busy selling Lake Chaparral!

KEN JASON TANNIS

REAL ESTATE INFORMATION - FREE
REAL ESTATE SERVICE - PRICELESS!

Lake Chaparral Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	1,100,000	412,000	546,214	39	21
BUNGALOW	446,500	417,500	433,000	28	3
BI-LEVEL	382,000	382,000	382,000	20	1
4 LEVEL SPLIT					
ATTACHED					
CONDO	412,500	216,000	343,100	61	5

Chaparral Valley Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	610,000	420,000	522,500	44	6
CONDO	327,500	326,500	327,000	22	2

Chaparral Ridge Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/ 2 SPLIT	400,000	380,000	390,000	19	2
BUNGALOW					
BI-LEVEL					
4 LEVEL SPLIT					
ATTACHED	300,000	300,000	300,000	25	1
CONDO	310,000	220,000	283,700	32	5

FOR ALL YOUR COMMUNITY INFO PLEASE VISIT
www.lakechaparral.info

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Chaparral Jane's Walk

Saturday May 7, 10am

Jane's Walk is a movement of free, citizen-led walking tours inspired by Jane Jacobs. The walks get people to tell stories about their communities explore their cities and connect with neighbours.

Did you know? Jane Jacobs would have been 100 on May 4, 2016!
This year is the 10th anniversary of Jane's Walk, on what would have been Jane Jacob's 100th birthday! Jane Jacobs was not a city planner by training; she was just a concerned citizen who spent a lot of time observing city life around her, first in New York City, then in Toronto. From her observations, she developed some theories about what makes a city a great place to live. After she passed away in 2006, Jane's Walk was founded in Toronto by a group of her friends and colleagues who wanted to honour her ideas and legacy.

2016 marks the second year that Chaparral is participating in the Jane's Walk led by community volunteers. It will be a great way to learn more about the community as well as getting to know others. The walk is expected to last about an hour to an hour and a half and will go rain or shine. So please mark your calendar and plan to join us on Saturday May 7 at 10am in the Lake Chaparral parking lot.

Want to Contribute?
Do you have an interesting story you would like to share about the communities of Chaparral? We would love to hear from you. Contact Cory at president@chaparralcommunity.com with your experience.

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Chaparral Childcare Connector
Website is: www.caldayhomes.com. This is run by a CCA member.
To receive information on any of these babysitters, please contact
Barry Info@caldayhomes.com or 403-701-8326

Great Photos of Chaparral Wanted!

High resolution, seasonal, and community/lake related photos would be greatly appreciated and will be considered for our cover, and inside our community publication.
Please submit your photos to Lynette at editor@chaparralcommunity.com.

HAPARRAL
HILDCARE
ONNECTOR

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

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"The Child's Bible Through the Eyes of a Youngster"

For three years I worked in the Elementary School System as a Consultant. It was always refreshing and entertaining to see the world through a child's eyes. The following article was sent to me by a retired teacher who is a friend now living in Idaho. A sixth grade child was asked to write a book report on the Bible and as his teacher said; "This young man has real talent, although a little shaky on dates but good chronology." This is what he wrote and received an "A" for his efforts. Enjoy!

In the beginning which occurred near the start there was nothing but God, darkness and some gas. The Bible says, "The Lord thy God is one" but I think He must be a lot older than that. Anyway, God said, "Give me a light!" and someone did. Then God made the world. He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet. Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden…. Not sure what they were driven in though, because they didn't have cars. One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check. Another important Bible guy is Moses, whose real name was Charlton Heston. Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable. Then he gave them His Top Ten Commandments. These include: don't lie, cheat, smoke, dance or covet your neighbour's stuff. Oh, yeah, I just thought of one more: Humour thy father and thy mother. One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought at the battle of Geritol and the fence fell all over the town. Then there was David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After the Old Testament came the New Testament. Jesus is the star of the New Testament. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mom is always saying to me, "Close the door! Were you born in a barn?" It would be nice to say, "As a matter of fact, I was.") During His life, Jesus had many arguments with sinners like the Pharisees and the Republicans. Jesus had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him. Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount. But the Democrats and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead. Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revolution.

In closing, this is another reason why being a teacher and a parent is such a blessing and a gift as we share a child's world with them, from their point of view which is often humorous. I know, because I've been there!

Lawrence King, CCA Director of Education

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Lauren Klukas- Fitless Flavor

When Lauren was young she was a competitive swimmer with the Cascade Swimclub and became really good at it. She started swimming up to nine times a week and sometimes with Olympic coaches. As Lauren says: "I was quite high up in the swimming world and then I ended up getting a tumour in my spine at the age of 13 and it wasn't cancerous but it almost paralyzed me. So I went back to swimming but couldn't train to the same level, instead I decided to coach.

After high school Lauren went to U of C for a science degree, but her passion for fitness caused her to change her postsecondary path and head to Mount Royal University to complete her Personal training certificate. Additionally as Lauren stated "The strict routine for fitness was ingrained into me so I started doing triathlons."

In 2013, Lauren was diagnosed with Arrhythmogenic Right Ventrical Cardiomyopathy or ARVC. She had to stop exercising immediately and Lauren found the only way to control her weight was through proper nutrition. With her daughter and sous-chef Charley she decided to start a food blog titled Fitless Flavor. "Losing weight without dieting or exercising. Memoirs of a sedentary person trainer." On the food blog Lauren shares what she has been eating for the last year and also includes: Cooking 101, Free Meal Plans, and Grocery Lists.

With the meal plans Lauren will post four day meal plans and then she expects you to do three days of "smart" on your own where you can also be a little more laid back. All the photos on the website of the food are photos that Lauren has taken after she has made it because she makes each of the recipes.

Some of the recipes on the website include: Broccoli Scramble Quesadilla, Red Velvet Waffles, Western Omelet Breakfast Potato Skins, Green Smoothie Pancakes, etc.

Lauren says one of the most important things for a healthy lifestyle is balance. Lauren said: "Especially when I was a personal trainer I noticed this. When people fail at one thing, such as if they eat a cupcake they think they are done. But that is not the case. Continue the next day to eat healthy. Also, not going into resentment is key because if I wasn't giving myself something I wanted I would be upset. For example, bacon and cheese- I still eat it but just in moderation or just enough to add flavour.

Lauren says: "There is definitely nothing to stay away from it is just moderation. However, if I have to give one I would say get rid of processed foods because they are so high in sodium. I usually try not to say to avoid something."

Lauren also advises: "adopt foods into your diet that are nutrient dense. There is energy dense and nutrient dense. Nutrient dense are high in micronutrients and vitamins, and low in calories. Energy dense foods are high in calories and are low in nutrients such as pop, donuts or chips."

Lauren says her favourite thing about the community is: "the street that I live on! We have the best neighbours. We all get along super well. To the point where my husband and I have discussed even if we won the lottery we would not move."

Out and About community profiles are written by Jaden Baragar, a Chaparral resident and 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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Chaparral Real Estate Update

Last 12 Months Chaparral MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
March 2016	$469,888.00	$455,000.00
February 2016	$492,200.00	$487,500.00
January 2016	$487,000.00	$472,000.00
December 2015	$539,500.00	$525,000.00
November 2015	$488,777.00	$470,000.00
October 2015	$497,900.00	$500,000.00
September 2015	$499,900.00	$487,000.00
August 2015	$530,000.00	$530,000.00
July 2015	$477,500.00	$470,000.00
June 2015	$514,900.00	$507,450.00
May 2015	$498,450.00	$485,000.00
April 2015	$534,777.00	$530,000.00

Last 12 Months Chaparral MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
March 2016	29	11
February 2016	29	12
January 2016	22	10
December 2015	13	5
November 2015	9	9
October 2015	13	15
September 2015	19	17
August 2015	23	15
July 2015	20	13
June 2015	12	32
May 2015	39	20
April 2015	19	17

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

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May 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, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool 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. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.
- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: 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.

Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See 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 leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

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

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Please contact Shirley at 403-278-9023 with any questions.

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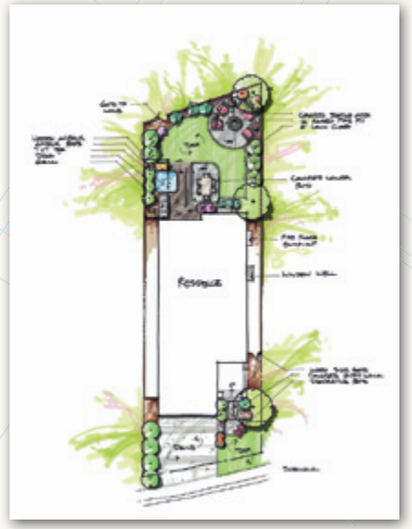

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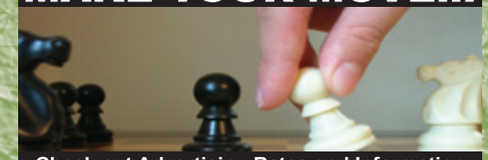
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~continued on page 30~

BUSINESS CLASSIFIEDS

PIANO LESSONS: Music teacher with over 20 years of experience now taking registration for Fall 2016. Learn classical jazz movie and pop music. RCM theory classes and piano exam prep also available. Evening and daytime lessons available. Any interested adults and pre-k or home schooled children welcome. Contact Denise at 403-256-9187 or piano_studio@hotmail.com.

PERSONAL

VIBRATION THERAPY TREATMENT FOR SUFFERERS OF: osteoporosis, multiple sclerosis, diabetes, stroke, fibromyalgia, arthritis, back and joint pain. If you suffer from any of these conditions we are offering a one month free trial of gentle Vibration Therapy and Exercise Protocols, you will be amazed at the benefits you will receive. Spicewellnesscalgary.ca, 403-698-6892.

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

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.

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.

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.

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.

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.

K2 BOOKEEPING: 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.

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IN & AROUND CALGARY

Friends of Fish Creek

www.friendsoffishcreek.org

Run for Fish Creek in the Scotiabank Charity Challenge!
Sunday May 29
If you share our vision of a sustainable Fish Creek Provincial Park, we invite you to take steps towards preserving this amazing natural resource. Help the Friends raise $10,000 to support conservation and community outreach activities in Fish Creek Provincial Park! Whether you live near Fish Creek, enjoy running, walking, or cycling here, or are simply interested in the long term sustainability of this park, you can run or walk for Fish Creek as part of the Scotiabank Charity Challenge on Sunday, May 29. You don't have to be an athlete to join. All you need is a passion for Fish Creek Provincial Park because that's what unites us as a team and carries us all over the finish line!

A Journey through the Mountains and Meadows of Kananaskis
Wednesday, May 25, 2016 — 7:00pm – 8:00pm
Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park
Presented by John McFaul, Professional Hiking Guide and Owner of Alpenglow Nature Hikes

Kananaskis Country has an abundance of breathtaking hiking trails that offer a truly unique way to explore the natural wonders of this region. Discover, or revisit, the high alpine meadows of Plateau Mountain, swathed in beautiful highland flowers like moss campion. Explore the fragrant pine/aspen woods of Jumping Pound Creek that seem to reverberate with the drumming of the rough grouse. Gaze upon sparkling mountain tarns ringed with golden larch like Chester Lake, and be dazzled by the sunny meadows of glacier lilies treaded by grizzly bears. Join John McFaul of Alpenglow Nature Hikes for a virtual hike through the majestic mountains and meadows of Kananaskis Country.

SHC Wellness Centre

Healthy Albertans • Healthy Communities • Together
Find out how we can help at www.ahs.ca/shcwellness

A few of our FREE programs are highlighted below
Chronic Pain Management Workshop
May 10 6:30-8:30pm
This single, two-hour program focuses specifically on pain management. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain.

Managing Your Emotional Eating
Begins May 12 (3 sessions)
Would you like to know more about emotional eating and managing it? You will learn what influences your food choices, how to build awareness of your own emotional eating, & to build skills and tools to help with your emotional eating.

Compounded or Confused? Bioidentical Hormones for Menopausal Health
May 13 1:00-2:00pm
Hot flashes are real. Today, more women are experiencing symptoms which may be adversely affecting their lives. Mistrust of prescription drugs has led many to search for that perfect product to improve symptoms. SHC Academic Family Medicine Clinical Pharmacist Joe Tabler will explain bioidentical hormone therapy and evidence regarding efficacy and safety.

Parenting Anxious Children & Teens
May 16 6:30-8:00pm
Come learn more about anxiety and children. Participants will learn to recognize anxiety in children and adolescents, gain an understanding of different anxiety disorders, and acquire knowledge of parenting strategies to help reduce the effects of anxiety.

Fermented Foods: Sauerkraut
May 19 6:30-7:30pm
Join SPUD for a hands-on session in the Wellness Kitchen on fermented foods. We will be talking about why they are good for you and your gut! You will learn how to make tasty, nutritious sauerkraut from scratch. Please bring a large mason jar with lid so you can take your delicious creation home.

Supporting Healthy Relationships with your Kids
May 26 5:30-7:30pm
Want to know how you can support your children in healthy relationships? We will review healthy and unhealthy relationships, social pressures on children and strategies in coping with these pressures. It will also give you useful tools and conversation starters to have meaningful discussions with your kids.

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

COUNCILLOR, WARD 14
PETER DEMONG

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

Greetings Ward 14!

Normally in May we would just be starting to venture out into the outdoors after our winter hibernation, but this year it feels like we have had several months of spring already.

Spring yard waste drop-off at City Landfills
There has also already been a month for you to bring your spring yard waste to City landfills free of charge. Why mention it now? Because you still have almost another full month left. All City landfills will be accepting leaves, branches, and plants until May 29, but make sure they are in a paper yard waste bag or left loose. Free mulch is also available at all City landfills until May 29. You can find details at calgary.ca/waste.

Preventing theft in Ward 14
I recently came upon some very interesting statistics courtesy of the Calgary Police Service. They broke down Calgary's break and enter (B & E) statistics by community. In all, Ward 14 fared well in comparison, but a couple of salient points were apparent. Almost half of residential B & Es were unforced entries, and the vast majority of garage B & Es were unforced. Can you imagine how much crime we could stop by just locking our doors?

Here are some crime prevention tips from the Police:
- Do not leave garage doors open
- Keep the door to your attached garage locked
- Keep your front, rear, and patio doors locked, even when at home
- Do not leave valuables near the entrances in your home
- Do not leave your vehicles unlocked when parked outside
- Do not leave your garage door opener in your vehicle
- Close all windows and doors at night

They may seem like common sense, but sometimes that seems less common than it ought to be.

Two more key points: do not be afraid to report suspicious activity to the police, and get involved with your local community association. The police visit them regularly to share information and hear concerns. You can contact the police at 403-266-1234 for non-emergencies, and at 911 for emergencies.

May Councilktalk
As always, thank you to everyone who turned out for my April Councilktalk meeting. I learn new things every time, and I hope others do too. There are only two more Councilktalks before the summer. We will meet on May 14 between 12 p.m. and 2 p.m. at the Bonavista Downs Community Hall (1418 Lake Ontario Road S.E.). You will always be able to find details and future dates at calgary.ca/councilktalk, and I also send email reminders about upcoming Councilktalk sessions and other things. You can sign up for reminders at calgary.ca/ward14connect.

I hope you know that you can always contact me in a few different ways. For one, you can fill out the contact form at calgary.ca/ward14. You can also call or email. I do not usually include my phone number and email in the body of this column because they are shown in the header, but just in case they are: 403-268-1653 and eaward14@calgary.ca.

Goodbye for now!

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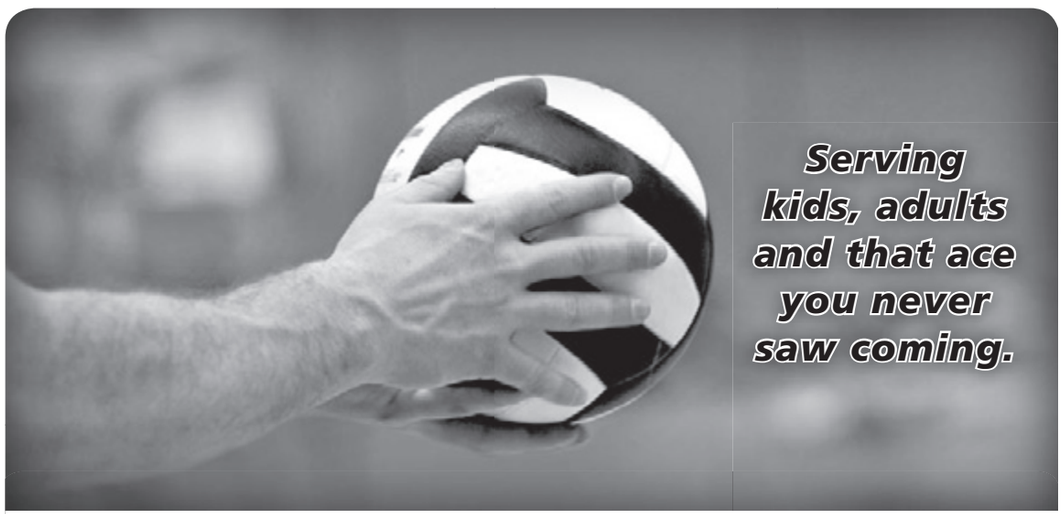

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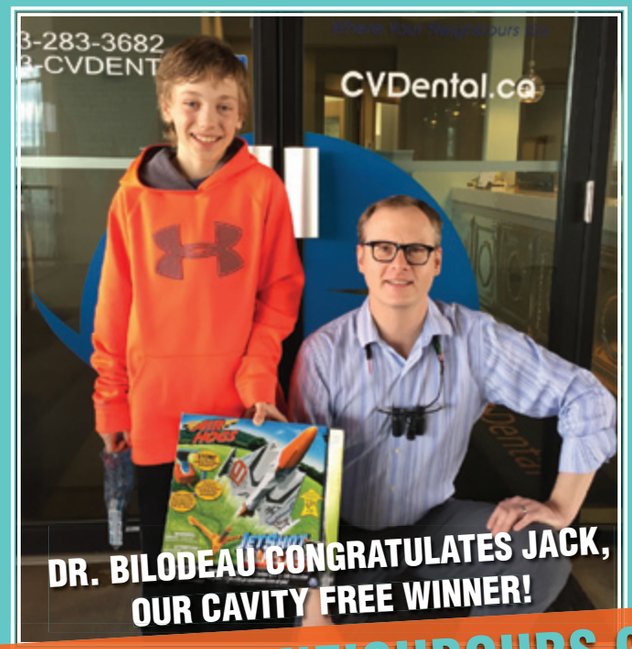

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