

OCTOBER 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **CHAPARRAL** trailblazer

Bringing Chaparral Residents Together



CHAPARRAL COMMUNITY ASSOCIATION

www.chaparralcommunity.com

Great News Publishing

| Call 403-263-3044 for advertising opportunities

| www.great-news.ca

LAKE CHAPARRAL DENTAL CARE

New Patients Welcome ~ Family & Cosmetic Dentistry ~ Sports Guards~Orthodontics



403-278-5272

www.lcdcare.ca

Dr. Silvester Tartal DDS

202 - 10 Chaparral Dr SE

Calgary, AB T2X 3P1



Our team provides gentle health care for all family members
Evening and early morning appointments available

VOTE JACK REDEKOP FOR YOUR CONSERVATIVE MEMBER OF PARLIAMENT

"My name is Jack Redekop and I am seeking the Conservative nomination in your communities. I have lived, worked and volunteered in the constituency for over 25 years, which has allowed me to develop a deep understanding of the challenges our communities face. I believe that politics is about people and that the most effective representatives are those who have deep roots in the communities they wish to represent.

As a lifelong conservative, I also believe that conservative values are what make Canada great!



I ask for your support in my bid to become your next Member of Parliament. I have been a member of Jason Kenney's board for the last ten years, most recently as President and am further endorsed by Richard Gotfried, MLA for Calgary, Fish Creek.

f t For More Information Visit:
WWW.JACKREDEKOP.CA

Jack
CALGARY MIDNAPORE

OPA!
OF GREECE

VISIT US IN SHAWNESSY

#118, 250 Shawville Boulevard SE (beside CO-OP)
(403) 256-3325 • opasouvlaki.ca

ENJOY THIS OCTOBER OFFER

FREE SKEWER

WHEN YOU ORDER ANY
OPA! MEAL & DRINK COMBO



 southviewchurch

PUMPKIN PALOOZA

A Halloween pit stop with games and treats for our surrounding communities. Monday, October 31st from 6:00pm to 7:30pm.

This event is free for all children - costumes optional!

southviewchurch.com

Assiniboine.com

Christmas Lights Installation

Ask about Snow Removal, Plowing, Sanding




ASSINIBOINE
LIGHTS & LANDSCAPES

CALL NOW  ~ WCB ~ Licensed ~ Insured ~ Bonded

403.301.3300

CCA BOARD OF DIRECTORS

President	Lynette Javaheri	president@chaparralcommunity.com
Vice President	Cory Exner	vp@chaparralcommunity.com
Treasurer	Fazeel Elahi	treasurer@chaparralcommunity.com
Membership	Thomas Wimmer	memberships@chaparralcommunity.com
Education	Lawrence King	education@chaparralcommunity.com
City of Calgary Liaison	Marilyn Houston	city@chaparralcommunity.com
Traffic Committee	Dee Treder	traffic@chaparralcommunity.com
Safe Communities	Jonathan Weal	safecommunities@chaparralcommunity.com
Director	Racim Gribaa	lake@chaparralcommunity.com

VOLUNTEERS

Volunteer Coordinator	OPEN	
Events Coordinator	OPEN	
Trailblazer and Website Editor	Lynette Javaheri	editor@chaparralcommunity.com
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
BFI Community Liaison	Cory Exner	clc@chaparralcommunity.com
Community Garden	Jolene Ottosen	chaparralgreenthumbs@gmail.com
Safe Communities Initiative	Jonathan Weal	safecommunities@chaparralcommunity.com
Condominium Liaison	Dee Treder	condos@chaparralcommunity.com
Chaparral Valley Representatives	OPEN	valley@chaparralcommunity.com
Chaparral Ridge Representative	OPEN	
Lake Chaparral Representative	OPEN	

LAKE CHAPARRAL CONTACTS (NOT CCA)

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

ADORABLE DOG GROOMING

MOBILE SERVICE
I come to you!

SMALL DOGS
ONLY



403-816-5853
CALGARY SOUTH

SHERRY BULLER

Chaparral Trailblazer
Deadline
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

CONTENTS

Chaparral Community Association News	6
President's Message	7
Monster Mash	9
Green Thumbs	10
What's Happening at the Lake	14
Living Your Best Life!	17
King's Corner	18
Your Community Business of the Month	28

NEWSLETTER AD SALES

GREAT NEWS PUBLISHING 27 YEARS

Great News Publishing Ltd.

403.263.3044 | 403.720.0763

sales@great-news.ca | www.great-news.ca

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

VOLUNTEERS NEEDED

The Chaparral Community Association is actively looking for community members who reside in either Chaparral Ridge or Chaparral Valley to join our volunteer group. Your presence will help give our association a broader view of all aspects of the community. If you are interested, please contact Lynette at president@chaparralcommunity.com.

CCA 2016/2017 MEETINGS

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

St. Sebastian Elementary

65 Chaparral Drive SE

7:00 – 9:00 PM

October 11	February 14
November 8	March 14
December 13, no meeting,	April 11
lights judging night	May 9, AGM
January 10	June 13

LEAF AND PUMPKIN COMPOSTING

Bring your leaves and pumpkins to a depot near you until November 6.

Fall is in the air – and on the ground. Bring your bagged leaves and pumpkins to one of the city's 35 drop-off locations. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. The use of paper yard waste bags is recommended as they can be composted with the rest of the material. No sod or rocks please.

For more information and a full list of leaf and pumpkin drop-off locations, please visit calgary.ca/leaf.

FIRE PREVENTION WEEK OCT. 9-15

Did you know that smoke detectors should be replaced every 10 years?

Fire Prevention Week is Oct. 9-15 and this year's theme is Don't Wait – Check the Date: replace smoke alarms every 10 years.

For more information on how to check the expiration

date of your smoke alarms, and special events happening during Fire Prevention Week, visit calgary.ca/fire or contact 311.

RELOCATION OF MIDNAPORE HOUSEHOLD HAZARDOUS WASTE DROFF-OFF

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

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

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

LITTLE FREE LIBRARY

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

The concept is simple: you leave a book or two that you don't need any more and then borrow books that your neighbours have left behind. It's a great way to not only encourage reading but to also get them out and about into 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

<https://www.calgarytransit.com/survey>

survey

Find us on Facebook @ chaparralca

Visit our website at

chaparralcommunity.com



The Haunted Wastelands 2016

Chaparral it's almost that time of year again, Halloween, and your neighbours at 117 Chapalina Close invite you to visit

The Haunted Wastelands presents "Asylum"

We will be doing one theme and one theme only. This is something new, and it has proven to be challenging. We are looking for any volunteers that would love to help out. From building and painting to entertaining and scaring. All we ask is that you are 16 years of age or older. If you are in High School and want to help out, we can definitely sign off on your community hours.

Since we are doing one theme we will be doing the Asylum for 2 years. Next year we will change it up a bit, but most of it will be the same. Just like previous years we will be doing a food drive for the Veterans food bank (Poppy Fund). Don't forget to bring a non - perishable food item or toiletries. We will be accepting donations anytime we are open. If you cannot make it during a time we are open you can leave the donations in our donation bin located outside the fence.

Our address is 117 Chapalina Close SE. Please feel free to drive or walk by to see what's happening. Please drive with caution as we do attract a lot of kids. On Halloween night it would be best NOT to drive down our street. Last year it was way too crowded and it got a little crazy with all the people and cars. You can park at the school or on the road beside the school field. Please don't block anyone's driveways.

*****PLEASE NOTE OUR HOURS CAN CHANGE AT ANYTIME DUE TO WEATHER. PLEASE KEEP CHECKING OUR SOCIAL MEDIA SITES FOR UPDATES*****

You can find us on:

Facebook:

<https://www.facebook.com/groups/thehauntedwastelands/>

Instagram:

TheHauntedWastelands

Snapchat:

hauntedwastelnd

We also have a website that is currently under construction:

[Http://thehauntedwastelands.com](http://thehauntedwastelands.com)



We would love to give a shout out to some of this year's sponsors.

Rymar Synthetic Grass. For our beautiful front yard
Calgary Horror Con
Leap N' Learn Preschool in Walden

If you would like to be a sponsor please contact us at coliver84@hotmail.com

Thank you to all of you for your continued support and allowing us to do this each and every year.

See you all soon!

The Haunted Wastelands

We Live Here. We Work Here.
We Know Chaparral.



Patrick & Shelagh
KRAUSE



**YOUR #1 CHOICE for Integrity,
Service and RESULTS!**



Call us today for your **FREE**
Home Evaluation.

403-777-0077

info@calgaryrealestate.com



RE/MAX First
Independently Owned and Operated

www.LakeChaparralHomes.com

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

HALLOWEEN MONSTER BASH

Saturday, October 29
6:00 until 8:00PM

Join us at the Lake for crafts, activities,
treats, prizes and a family dance.
Dress up and join us
in all the spooky fun!



Hosted by the Lake Chaparral
Residents Association,
bring your lake card!

Growing Garlic Goodness

When I was in grade six I read a modern retelling of Dracula. To say that it freaked me out would be putting it lightly. Every night I would go to bed wearing a high necked nightgown and a cross. I contemplated sleeping with garlic too, but decided that was taking things too far, and I wasn't really sure the garlic part was real. Why would vampires fear garlic?

I eventually got over my fears, but it turns out that using garlic to ward off vampires isn't such a crazy idea. Throughout history garlic has been used as an insecticide, an antibiotic, a preservative, and a whole range of other things, including an aid to ward off evil. The ancient Roman text *Historia Naturalis* gives 23 different medicinal uses for it. Garlic is pretty powerful stuff!

One more great thing about garlic is that it grows well in Calgary.

Growing garlic is easy. It is part of the awesome allium family that includes onions, shallots, and leeks, a group of practically pest proof plants that have very few needs. If you have a spot with well drained soil and lots of sun, give it a try.

Getting Started

If this is your first time growing garlic, you will need some bulbs. I grow a heritage purple variety that I got from the horticultural society but I know many who purchase theirs from farmers' markets. I have also heard that organic garlic from the grocery store will also work, although I have not tried it. There are many different types and sizes, including hardneck and softneck garlic. The neck is the stalk, and hardneck varieties seem to grow best in our climate. Whichever garlic you choose, you want to select bulbs that look like what you hope grow—meaning don't choose the smallest of the lot. Once you have your bulb, separate it into individual cloves, keeping the skins intact.

Planting

As I said earlier, garlic likes full sun and well drained soil. It likes to be watered regularly, but doesn't want to sit in mud, so choose your space accordingly. Most guides

I have read recommend spacing your bulbs at least six inches apart and keeping them away from too much competition from other plants, although I will admit to putting mine much closer together, more like 3-4 inches apart, and still having success. This, of course, varies with different varieties, as some are larger than others.

Garlic can be planted next to almost any plant and can be particularly good next to something that often attracts pests or perhaps around a border. I have heard that it can stunt the growth of peas and beans, so stay away from those. I generally place mine at the end of my plot at the community garden although at home I am going to try to spread them throughout my flower beds and see how they do.

Mid-September to mid-October—a few weeks before the ground freezes—is the best time to plant garlic, although it can be planted early spring with a later harvest. When I plant my cloves, I plant them with the pointy tip facing up, at a depth of about double the clove. With softneck varieties it does not matter which way the clove is planted. If you can add a little mulch or compost over the garlic this will help insulate it from winter thaws, but it's not necessary.

As your garlic grows over the spring it will develop what is called a scape, which, if left, would turn into a flower similar to a chive head. These should be snapped or trimmed off so that all of the plant's energy goes to the base, resulting in larger bulbs. These scapes can be eaten and many recipes can be found for them.

Harvesting

Garlic is generally harvested in the late summer when the leaves start to brown. Wait until about 40 per cent of the plant has changed and then pull them up. You will need to use a shovel or fork to help with this as they will be fairly deep and you do not want to damage the bulb. It is best to do this when the garden is fairly dry, although this year that wasn't happening and I pulled mine out while wet. It is okay to do that; you just have to be more careful. Unless the bulbs are muddy, like mine were, it is best to just gently brush as much dirt off as

possible, not wash or separate the cloves at this time and leave the stems and roots intact.

Fresh garlic can be eaten right away, although it is quite strong and the taste is more pleasant once the garlic has had time to cure.

Storing

The first step of storing garlic is to let it cure—or dry. To do this just lay it out somewhere dark, cool and dry with lots of space between the bulbs to let the air circulate. Basements are great for this, although, because mine were fairly wet this year, they smelled too strong and had to be put in the garage. The bulbs should be turned periodically during this time and left for a few weeks to dry completely. If you have the space, they can also be hung individually.

Once the bulbs are dry the stems and roots can be carefully trimmed, although some like to keep the stems for hanging. Bulbs can be stored open in a dark cool space or in a net bag or paper bag with holes punched near the top. Different varieties keep for different lengths of time, but most will keep for at least 3-4 months if cured and stored well. And don't forget to keep back some bulbs to plant for next year!

Other fall bulbs to consider:

September to mid October	Mid October to mid November
Crocus	Tulips
Scillas	
Hyacinth	
Alliums	
Narcissi (daffodils, narcissus)	

If you miss the correct window, most fall bulbs can still be planted up until the ground freezes, although they may bloom a little later. Bulbs from the Narcissi family are the exception as they require a few weeks to grow roots before freezing.

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



PURCHASE 6 SCONES AND RECEIVE A COMPLIMENTARY WHITE OR WHOLE WHEAT LOAF



SHAWNESSY
70 Shawville Blvd SE, Calgary
(587) 353-6517

CENTENNIAL VILLAGE
31 Southridge Drive, Okotoks
(403) 995-6517

Exchange this ad to receive offer • Valid only at COBS Shawnessy and COBS Centennial Village from October 1, 2016 to November 2, 2016 • No cash value • Not valid with any other offer • One offer per visit • While quantities last

STEP INTO FALL

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.





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

What your Community Association does for you...

- **Programs and activities put on by the CCA**

(Stampede Kick-off Breakfast, "Winterlude", to name a few)

- **Social, environmental and civic affairs**

(BFI Public Open House, Drugs in your city awareness presentation, Trailblazer, Traffic & Zoning Issues)

- **Government Liaison**

(With The City of Calgary and Government of Alberta)

- **Weigh-in on Commercial Applications**

(Telus Cell Tower, BFI Canada Inc., Inland Cement and local based businesses)

- **Insurance and Administration**

(Covers annual operating costs and applicable insurance cost to operate yearly)

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

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



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

WWW.CHAPARRALCOMMUNITY.COM



CHAPARRAL COMMUNITY ASSOCIATION MEMBERSHIP

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

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

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

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

MEMBERSHIP APPLICATION FORM

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

ADDRESS: _____

HOME PHONE: _____

E-MAIL: _____

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

Support Your Community Association Buy a Membership Today!

\$20.00

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



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

126

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

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

Lake Fees

Annual Lake Association Fees were due by June 30, 2016. As of October 14 any unpaid accounts will be sent to DBH Law Offices for the collection process.

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.

Halloween Bash Saturday October 29, 2016

Join us for our annual Halloween Monster Bash, from 6-8pm. There will be a scavenger hunt with the zombies, a monster mash where we dance the night away with the ghouls, as well as crafts and of course treats and prizes! Dress up in your most creative costume and join in on all the spooky fun!

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 success-

ful we require a lot of volunteers, so please consider coming out and supporting your community. If you are looking to volunteer in or around the community you can also forward your name and number to ask@chaparralcommunity.com

Facebook:

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

Website:

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

Programs

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

Senior Programs 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 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

Fall Programs

Devotion Danceworks

Fall Classes: Monday through Friday (times vary)

Sept. 12 – Dec. 12, 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

Fall Classes: Fridays from 4-7pm

Sept. 9 - Nov. 4, 2016

Young Rembrandts teaches drawing to children aged three-and-a-half 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

Fridays 2:45-3:45pm

Fall Classes Fridays Sept 16-Dec 9, 2016

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

251st Chaparral Scouts

Tuesdays 6:15-7:15pm

Wednesdays 6:15-9:00pm

September 2016- April 2017

Beaver Scouts (age 5-7) and Scouts (age 11-14)
Please visit www.scouts.ca for more information.

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

Fall classes

Tuesday mornings 9-10:15am Sept 20-Nov 22, 2016
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 Sept 14-Dec 7, 2016
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 403-805-6558 or email Tanyayogagirl@gmail.com

Gentle Yoga with Patty

Thursdays 7-8pm and 8-9pm

Fall classes run Sept 15-Nov 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



FALL SPECIAL
CHAPARRAL BARBERS

587.481.7444 • 208-10 Chaparral Dr. SE

\$5 OFF
Haircut or Hot Shave
Must present coupon.
Expires 10/31/16

\$3 OFF
Senior or Kids
Must present coupon.
Expires 10/31/16

20% OFF
All Products
Must present coupon.
Expires 10/31/16



South Health Campus (SHC) Wellness Centre

Let us help you build better health this fall!

October is BUSY in the Wellness Centre - there is something for everyone! Here are a few of our FREE programs this month. See additional programs, details and registration information in our Fall Program Guide at www.ahs.ca/shcwellness or call 403-956-3939.

Emotional Well Being

Mindfulness Session

October 7 12:00-1:00pm

October 27 6:30-7:30pm

HeartMath

October 21 1:00-3:30pm

October 24 6:00-8:30pm

NEW! Understanding the Experience of Grief

October 3 6:00-8:00pm

Happiness Basics

4 week series Begins October 5 4:30-6:30pm

NEW! Conflict Resolution

October 6 6:30-8:30pm

Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Employment, Computer & Social Media Skills

NEW! Introduction to Web-Based Email

October 21 10:00am-12:00pm

Interview Skills

2-part series begins October 8 9:00am-4:00pm

Health Management

NEW! Getting Ahead of Your Headaches

October 11 7:00-8:00pm

October 27 1:00-2:00pm

Eating Well with Fatty Liver Disease

October 12 5:30-8:00pm

Living Well on Prednisone: Nutrition & Side Effects

October 13 2:00-4:00pm

Art Therapy with Heart: Creative Drawing & Scratchboard

October 26 10:00am-12:00pm

Caregiver Support

Let's talk about Driving

October 20 7:00-8:00pm

Parents

Fuelled to Move

4-week series (14-17 year olds)

Begins October 1

12:00-1:30pm

Nutrition for New Moms

October 6 1:00-3:00pm

NEW! Sleep Solutions

October 6 6:00-7:30pm

Mealtime Struggles to Mealtime Success

October 13 6:00-8:00pm

Story Time & Play Date

October 14 or 28 10:30am-12:00pm

Food, Nutrition & Cooking

I know I Should Eat Healthy But How?

October 1 9:00-11:30am

Healthy Cooking Basics & Techniques

October 4 10:30am-12:30pm

The Truth About What Works in Weight Management

October 1 1:00-3:30pm

Fermented Food- Sauerkraut

October 19 6:30-7:30pm

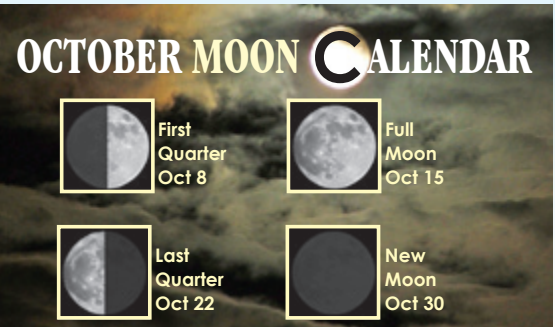
Dietitians in the Kitchen: Fall Favorites!

October 20 12:00-12:30pm

Top 5 Tips to Reduce Calories

October 26 6:00-8:30pm

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.



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

With Thanksgiving around the corner, this month is all about giving thanks! It is so important to take time every-day to give thanks and be grateful. I want you to grab a piece of paper and start journaling. Every morning write down three things that you are grateful for and something that you are looking forward to throughout the day. Each night before bed write down three things that you are grateful for that happened throughout the day. Do this on a daily basis. I'm letting you know right now, some days this task will be easy and some days you will have to dig a little deeper to find gratitude. That's okay, just keep doing it. The magic happens in the journaling. For what we focus on we get more of! You can do it. Let me know what your findings are.

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 smart phone 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 and 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 fibre, 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 and Wellness Specialist
Personal Trainer, Fitness Instructor*

THE MAGIC BANK ACCOUNT

The author is not known, as this article was found in the wallet of one of the most successful College Football Coaches of all time after he died in 1982. His name was Coach Bear Bryant of the Alabama Crimson Tide.

Imagine that you had won the following prize in a contest: each morning your bank would deposit \$86,400 in your private account for your use, however, this prize has rules. The set of rules are:

- 1) Everything that you didn't spend during each day would be taken away from you.
- 2) You may not simply transfer money into some other account.
- 3) You may only spend it.
- 4) Each morning upon awakening, the bank opens your account with another \$86,400 for that day.
- 5) The Bank can end the game without warning at any time and it can say, "Game over!"
- 6) It can close the account and you will not receive a new one. What would you personally do?

You would buy anything and everything you wanted, right? Not only for yourself, but for all the people you love and care for. Even for people you don't know because you couldn't possibly spend it all on yourself. You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

Actually, this game is real! Shocked? YES! Each of us is a winner of this prize. We just can't seem to see it. The prize is time.

**SUNDANCE
ANIMAL
HOSPITAL**



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE
www.sundanceanimalhospital.com

Mon, Wed, Thurs, Fri 8-6
Tues 8-8 Sat 9-1

Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic

Each morning we awaken to receive 86,400 seconds as a gift of life and when we go to sleep at night any remaining time is not credited to us. What we haven't used up that day is forever lost. Yesterday is forever gone.

Each morning the account is refilled but the bank can dissolve your account at any time, without warning. So what will you do with your 86,400 seconds? Those seconds are worth so much more than the same amount in dollars. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think. So take care of yourself, be happy, love deeply and enjoy life! Here's wishing you a wonderful and beautiful day. Start "spending", and don't complain about growing old—some people don't get the privilege.

Until next time, stay young at heart and live each day to its fullest!

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 36

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.

Accountant
Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

dohertysb@shaw.ca

accountingservicescalgary.net

Personal and Corporate Taxes

Financial Statements • GST • Payroll • Reviews
Audits • Consulting • Business Startup Assistance
English 403-257-1582 • Español 403-457-4829



"We Care"
DEERFOOT
Carpet & Flooring



<p>Carpet</p>  <p>MOHAWK SmartStrand <small>with Outlast® Science™ for ultimate comfort and value</small></p> <p>Starting Under \$1.99 Psf</p>	<p>Hardwood</p>  <p>From \$1.99 Psf</p>	<p>Tile</p>  <p>From \$0.99 Psf Limited Quantities</p>	<p>Laminate</p>  <p>From \$1.59 Psf</p>
<p>Cork</p>  <p>From \$1.99 Psf</p>	<p>Linoleum</p>  <p>From \$0.99 Psf</p>	<p>Luxury Vinyl</p>  <p>From \$0.99 Psf</p>	



SPECIAL SAVINGS AVAILABLE NOW!

- Large Inventory
- Knowledgeable Staff
- Professional Installation
- Commercial & Residential

6170 - 12 ST. S.E. 255-5880 NEW HOURS! Mon-Wed. 9-6 • Thursday Friday 9-8 • Saturday 9-5 • Sunday Closed

Ideas + Style + Great Pricing = Happy Customers

www.deerfootcarpet.com





Maximize Your Mental Performance With Water!

We would often rather ‘hydrate’ ourselves with anything but water!

Angela Villavicencio-Requis

Feeling tired and groggy and you don’t know why? You may just be dehydrated! We have all heard about the importance of drinking water - as kids, we were told over and over again to drink 8 glasses per day. But even then, not many of us are actually doing it. We would often rather ‘hydrate’ ourselves with anything but water! But, if nourishing your body with some water doesn’t seem that important to you, then maybe you should consider learning how to maximize mental performance through proper hydration.

Although it may sound odd, water is a lot more important to mental function than we may have thought. Recent research studies have shown that acute dehydration can actually cause brain shrinkage, which in turn causes negative effects on mental performance. This is

due to the generation of an osmotic gradient that provokes water to flow outside of the cells resulting in their shrinkage. This obviously doesn’t happen overnight, but reduced water intake over a long period of time may adversely impact your ability to do certain things such as plan or process information. This is definitely a problem none of us want to have! But if you are anything like our typical modern-day human, you are probably wondering how you’ll ever increase your water intake. Changing habits isn’t easy, so below we’ve created some fun tips to help you stay hydrated and mentally sharp!

1) DRINK WATER BEFORE AND AFTER MEAL

This is probably the easiest way for you to stay hydrated. It’s a simple way to get more water into your day and keep your brain happy. As simple as it may sound, this

is also a great way to eat less! That’s good news for those who are looking for easy ways to lose some pounds!

2) CHOOSE QUALITY WATER

Drinking tap water? Unfortunately, there are many harmful contaminants present in tap water that could make us ill. Installing a good-quality water filter or gathering water from a spring provides some options to obtain quality water.

3) SAY NO TO SPORTS DRINKS

Although sports drinks may seem like a good idea, the truth is the ingredients present in these drinks may actually be detrimental to your health. Many of them contain high amounts of sugar or artificial sweeteners that don’t actually quench our thirst.

4) SPRUCE UP YOUR WATER

Forget plain old water! Adding herbs, fruit, or veggies are great ways to make water taste better. Try out the recipe below for a little motivation!

WHY YOU NEED A WATER BREAK?

This natural flavored water recipe infused with

herbs and fruits is not only healthier but a whole lot more exciting! It’ll make you want to drink more of the good stuff without you realizing it. So what are you waiting for?

Lime and Mint Flavored Water

Ingredients:

- 8 ounces of lime
- 4 ounces of mint
- 2 quarts of water

Directions: Place lime and mint in a pitcher and add filtered or spring water. Refrigerate 2 to 4 hours to allow the ingredients to infuse. Stir well and strain. For serving, add fresh lime and mint for garnish and plenty of ice. The infused water will keep refrigerated for up to 2 days. You can replace the lime and mint with raspberries and basil or cranberries and rosemary!



OPEN

Oct. 2016

BRAND NEW, CLEAN & FRIENDLY

INDUSTRY LEADING & AWARD-WINNING MANAGEMENT





- Full refund on all eligible containers, including milk containers
- Honest, fast & accurate counting
- Ample Parking and no self-sorting required
- Pick-up service for schools, hotels, golf courses, and the hospitality industry,
- Hours: Mon-Sat 9am-5:30pm, Sun 10am-4pm





Reap What You Sow...

By Dr. Alma Nenshi, Registered Chiropractor

What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100 % function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sperry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...



FISH CREEK MEDICAL

208,803 Chaparral Drive SE
403.873.7734

ACCEPTING NEW PATIENTS

Flu season is just around the corner. Don't sit around in waiting rooms, minimize your exposure. Call us any day Monday - Saturday to get a same day appointment. Service provided to family practice and walk in patients. Phones lines open at 8am.

New Family Practice Dr Soheil Yala and Dr Andrew Wong are accepting new patients.

Women's health appointments available weekly. Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

Migraine consults & treatments, weekly availability.

The Podiatry Practice of Tedman Donovan, for all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cysts. Corns, Calluses & Warts, Shockwave Therapy Available. Diabetic Foot Care and Routine Foot Care.

CHAPARRAL DENTAL WELLNESS



YOUR LOCAL FAMILY DENTAL GROUP

☎ 403.259.2722 ✉ chaparraldental@telus.net

📍 Suite #232, 803 Chaparral Drive SE

🌐 www.dentalwellnessgroup.ca

Where Neighbours & Friends work together!



- ✓ Walk Ins Welcome
- ✓ No appointment needed
- ✓ Open Evenings & Weekends





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	395,000	521,283	37	77
BUNGALOW	1,325,000	417,500	681,286	45	7
1 ½ STORY	890,000	890,000	890,000	8	1
BI-LEVEL	382,000	382,000	382,000	20	1
4 LEVEL SPLIT	420,000	420,000	420,000	62	1
ATTACHED	449,900	410,000	429,133	66	3
CONDO	412,500	216,000	331,243	55	15

Chaparral Valley Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/2 SPLIT	640,000	415,000	514,704	51	26
ATTACHED	391,000	360,000	374,600	67	5
CONDO	327,500	279,000	308,241	37	11

Chaparral Ridge Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STOREY/ 2 SPLIT	506,000	353,000	412,125	34	8
4 LEVEL SPLIT	380,000	380,000	380,000	53	1
ATTACHED	300,000	300,000	300,000	25	1
CONDO	310,000	220,000	278,375	46	8

What is my House Worth?

FREE

over the Internet Evaluation

www.lakechaparral.info

or call Team Palmer at 403-256-3888

Remember Nobody Sells more Real Estate than RE/MAX

RE/MAX

Landan Real Estate

#102, 279 Midpark Way SE

Calgary, Alberta T2X 1M2



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

WANT TO KNOW WHAT
YOUR HOUSE IS REALLY
WORTH?

ALL YOU HAVE TO DO IS

ASK!!!

403-256-3888

www.lakechaparral.info

palmer@lakechaparral.info

Art + Science + Math = Skateboard Design



INSPIRING POSSIBILITIES

Discover the possibilities at
Open House October 12 & 13
Visit sts.ab.ca



STRATHCONA-TWEEDSMUIR SCHOOL

Protect Yourself, Immunize Your Pet



In some provinces and states, vaccination of household pets for rabies is mandatory or required by the law. This is not the case in Alberta. There have been eight recent positive rabies cases in bats turned in to Alberta Agriculture and Food to be tested; six in August alone. Locations include Edmonton, Red Deer, Medicine Hat, Airdrie, Canmore/Kananaskis, Ponoka, Camrose and Waterton. In a few of the cases, pets were involved and are now undergoing 45 day and 3 month quarantine periods, and Alberta Health Services deals with the human involvement. In April, 2010, a neutered unvaccinated pet cat died of unknown neurological disease in a veterinary clinic in Cremona. The veterinarian submitted the animal for testing and eight people subsequently received post-exposure treatment for rabies. This cat spent more time indoors with his family than outdoors. In 2007, a man bitten by a bat in Alberta died of rabies.

Cat bylaws in cities that require people to keep cats confined have caused complacency in the general public. Owners who fail to vaccinate, and the increase in carriers such as raccoons, skunks, foxes, coyotes, and bats in urban areas heighten the risk of rabies in cats. I have had bats turned in to my clinic after owners found them in their house, likely having flown through an open patio door. A bat positive for rabies was discovered in Calgary's downtown area a few years ago.... bats fly, they can reach apartments. There are over 55,000 human deaths attributed to rabies each year, mainly in Africa and Asia.

Rabies is a contagious and fatal viral disease attacking the central nervous system. It can be passed to all warm-blooded animals through the saliva, primarily through bites, but a scratch is sufficient. Symptoms of rabies can be variable ranging from the "dumb" form where the animal appears depressed and isolates itself and the "furious" form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal's voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed with certainty by testing an animal's brain tissue. Cats and dogs usually die within ten days of symptoms appearing. Symptoms may not begin, however, for days or months depending on the severity and location of the wound.

Rabies is a reportable disease; it is the law to inform authorities of suspected cases. People bitten by wildlife or any animal with an unknown vaccine status should report the bite by calling Health Link. If there is potential human exposure to the animal suspect, euthanasia may be recommended so the brain tissue can be tested. There is no treatment available to pets that contract rabies.

Consider vaccination of a pet as an investment into your health as well as your pet's. The decision to vaccinate your pet is yours to make in Alberta, but I do not know a health professional who would discourage the choice to vaccinate your pet against rabies.

Jennifer L. Scott, D.V.M.

IN & AROUND CALGARY

Did You Know?

Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!



the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca

Footloose Photography
BY SHERI
MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY
403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com

Trivia
Jack-o'-lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.



Capturing Play Along the Way

Written by Jaden Baraga

Christina Parker has taken her love for photography and mixed it with her love for teaching children. In February 2016, she opened a preschool in her house with a concept of Playtography. She holds the preschool classes in her basement and has a maximum of six children in each class.

Christina's preschool is for 3 or 4 year olds and the registration fee includes a professional photobook at the end of the classes so that parents can see how their child has developed throughout the year. As Christina says, "Playtography integrates professional photography through themes of play. Playtography allows your child the opportunity to play and learn while having their experience captured along the way. I will even provide a hands on point-and-shoot camera for them to experiment with, too. At the end of each school year, parents will receive a professional photobook of their child outlining his or her experiences throughout the year." Christina also thinks having a professional photobook is important because "it is so nice having something in your hands to treasure for years." The classes run the course of any school program from September to June.

Christina received her education at Mount Royal College and graduated in 1989 with a degree in Early Education and Development. When designing her concept of Playtography, she wanted the children to receive play, professional photography, theme styled portraits, arts and crafts, music and movement, science and math, expert guests, hand writing, exploring and time in nature.

As part of Christina's photography and with the children she does themed photo shoots: "such as, at the lake I will do a mermaid or pirate theme. For example, on Groundhog Day I decided to do "Movie in the Park" theme with the children, so we worked with shadows. We have also done Castles and Knights, Leprechauns for St. Patrick's Day, and Career Day where the children dressed up in costumes such as hairdressers, construction workers, policemen, etc."

Christina also loves to work with local businesses in the community because she belongs to a group of entrepreneur moms. For example, she had a mom who is a veterinarian come to a class with a furry friend and talked to the children. Christina has a friend from Fiji who lives in the community who also came in and taught the children a few Polynesian dances. In May, Christina had an open house event because she heard some families and children were having trouble sleeping, so she brought in a sleep specialist to give free advice to anyone who needed help.

In addition to all the great things Christina does, she also fundraises for charity through her photography. "Every February I do a heart beat fundraiser for children with heart conditions. In May I fundraised for the local Syrian Refugees. I have also donated to Operation Smile where I raise money for children with cleft palates. For these fundraisers I donate my total photography session fee and the client will get some prints out of that. I want to be an advocate for parents and children."



Playtography.com
403.807.5309
Capturing Play Along the Way

Christina's favorite thing about the community is that everyone looks out for each other. She says, "We are really into helping each other, even if it just comes out to safety, such as someone loses a dog. We are all out there supporting each other."

Christina's favorite quote is "Every child is an artist by Pablo Picasso" because I let the kids create what they want. I don't expect a final project. It doesn't have to be cookie cutter. It is their expression. I am excited to always see what they have come up with and the photos that they take."

CHRISTINA PARKER
PHOTOGRAPHY

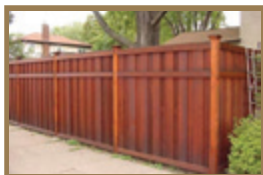


CUSTOMER SATISFACTION GUARANTEED

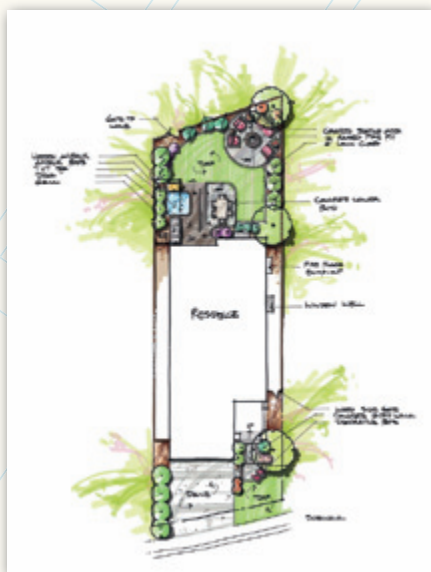


We specialize in all forms of landscape and construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil



GOT A PLAN?
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.



CALGARY PUBLIC LIBRARY

CALGARY PUBLIC LIBRARY

Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: *A River Runs Through It*, and *Other Stories* by Norman Maclean.

Quarry Park Library

Friday, October 28 | 7:00 pm

Author In Residence

Get inspired with the Library's Micheline Maylor!

Life Is Strange & Other Brave Leaps In Poetic Impressionism

Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm

Improve Your Style & Find Your Voice

Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley | Tuesday, October 25 | 6:30 pm

Understanding Teens & Understanding Aging

Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at calgarylibrary.ca.



LIFT. SWIM. PLAY. STRETCH. SKATE. SPIN.

Get everything you need to stay fit under one roof, at an affordable price.

Residents of partnered communities enjoy additional savings! Pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.

DISCOVER YOUR PERFECT FIT.

Trico Centre for Family Wellness

11150 Bonaventure Drive SE

www.tricocentre.ca



Chaparral Medical Clinic

Now Accepting Walk-ins and New Patients • Monday to Friday

Also scheduling vasectomies

403-201-3003 • 216 - 10 Chaparral Drive SE

www.calgaryvasectomy.com

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IIRP 9 (Revised)

safetysync.com
403.668.6402

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

TH MAINTENANCE SERVICES

HOME REPAIRS AND RENOVATIONS
OF ALL KINDS:

- Drywall installation, repair, taping.
- Popcorn ceiling.
- Bathroom renovation.
- Kitchen renovations.
- Door and window installation.
- Lighting installation, repair.
- Sink and faucet repairs and installation.
- Replacing toilets and sinks.
- Installation of shelving and cabinetry.
- Deck and siding repairs.
- Interior painting.
- Flooring installation and repair.

HOLMBERGTE@GMAIL.COM *403-703-8648

WWW.THMAINTENANCE.NET

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE,
MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call
Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under license. © RBC Dominion Securities Inc. 2015. All rights reserved. 15_30701_RBD_011

Animal
Trivia

Carnivorous animals will not eat another animal
that has been hit by a lightning strike.

IN & AROUND
CALGARY

Sundance School Newsletter

The Sundance School staff wishes to welcome back to our school, returning families and welcome the new families who joined our learning community. Parents and students have had the opportunity to meet the teachers, participate in our Welcome Back Breakfast and our annual Terry Fox Assembly and Run. We have also had our first school council meeting.

As the year progresses, we look forward to many exciting events. Please look to this newsletter, the school newsletter and the website schools.cbe.ab.ca/b267/ to keep up to date on all the wonderful things happening at Sundance this year!

Sundance Parents Association (or SPA) will be participating in a Casino fundraiser on Thursday, October 13 and Friday, October 14, 2016 at the Deerfoot Inn and Casino. Our last casino event in 2014 raised \$70,000 that enriched the academic program at Sundance School. We look forward to seeing our amazing parent volunteers, whose help will make this year's Casino event another great success.

There will be a school council meeting on October 19 at 7 pm in our school's library/learning commons. All are invited to attend to learn more about Sundance School and what goes on behind the scenes to make this school so great! One group of teachers will be presenting and celebrating their work with students to the parents who attend.

October 6 will be our first special student lunch date, called Sundog Lunch. Watch for more information communicated through the monthly newsletter and/or by email.

Our annual Family Halloween Dance will be on Friday October 28 from 6:30-8:30 pm. This parent run event is very popular and is always sold out. Dress up and join us for a terrific evening filled with fun games, crafts, music, dancing and snacks. Start planning your pumpkin to enter the Jack-o'-Lantern Contest and bake your cake for the Cake Walk!

Shine
88.9 FM
Safe & Fun for the Whole Family!

KIDS
COLOURING
CORNER



HALLOWEEN HAZARDS!

Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial

sweeteners and certain types of nuts are toxic to animals.

2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.
7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.

8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!



Pet Pointers

By Dr. Sara E. Wick BSc., MSc. (Zoology), DVM

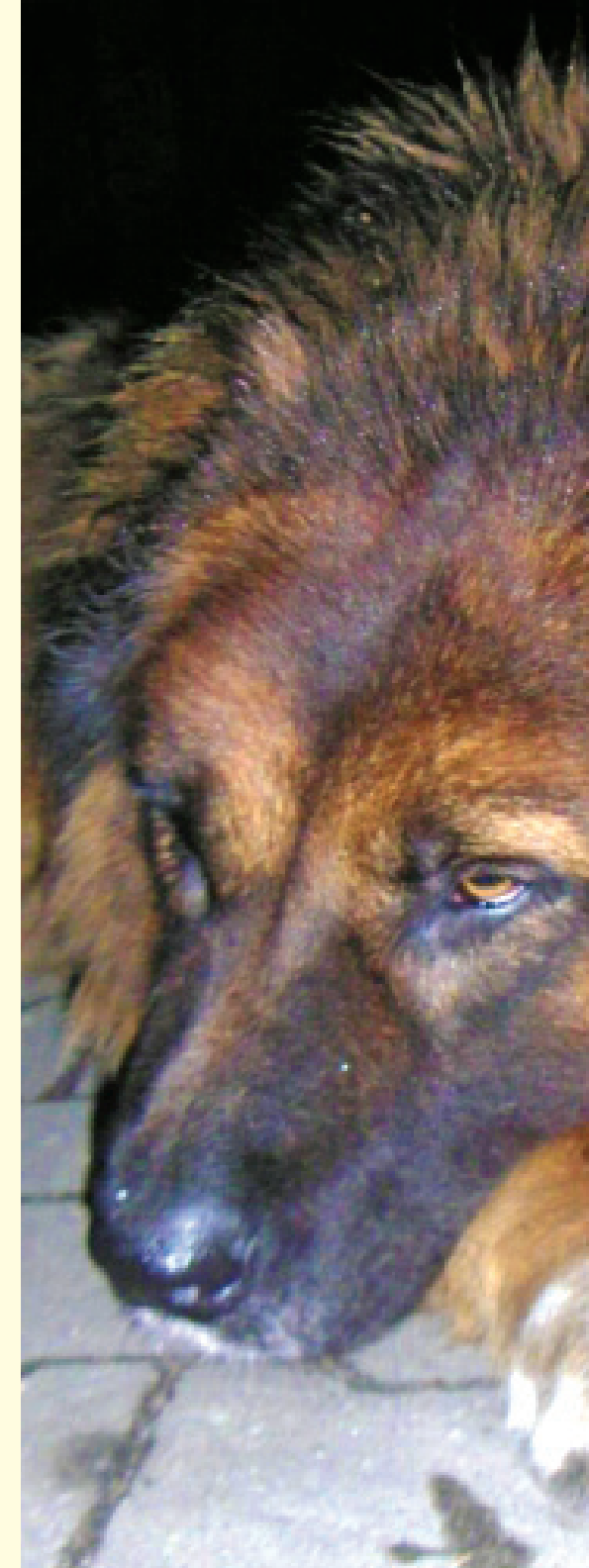
While most of us humans are pretty excited to get the kids back to school and get back into our normal routines this fall, there may be a member of your family that is less than enthused about the transition. Canine separation anxiety can range in severity from mild anxiety with no destruction to a condition that results in extreme home destruction, soiling and loud vocalization sure to disturb your neighbours.

Separation anxiety can put a lot of strain on the relationship you have with your pet. I have first hand experience with this one and it's challenging! The following are signs of separation anxiety; destructive or anxious behaviour when left alone, hyper-attachment to you or others in the house (your constant shadow), soiling or destruction aimed at the exit of the house, or if there is high pitched vocalization involved (a distress call).

Dogs diagnosed with separation anxiety can be helped with behaviour modification training. Severe cases may require medication to help ramp down the anxiety while training is occurring or even long term. Some simple things you can try at home if your beloved family member misses you a bit too much during the day include the following:

1. Discourage hyper-attachment by not always petting your dog when they seek your attention. Make attention on YOUR terms when they aren't seeking it. When hanging out together, try to keep more than a meter between you at times and encourage them to entertain themselves with interactive toys (peanut butter filled Kongs are great for this). It sounds like tough love but it's teaching your pet to be self confident.
2. Try to help them relax when you are away by turning on the TV or radio and consider using a pheromone collar or diffuser.
3. Try to make your exit less predictable or noticeable. Believe it or not, everything you do before leaving the house is well noted by Fido. From your last sip of coffee, to turning off the lights and picking up your keys, these are all cues that have taught him/her that you are leaving them. Each move escalates that feeling of dread. Solve this problem by doing these random behaviours multiple times a day when you are home, randomly. You can also leave the house, lock the door for a few seconds and then return immediately. Doing this repeatedly and excessively will teach your pup that these cues aren't so import.

Most importantly, chat to your veterinarian if you are battling canine separation anxiety. It helps to have a pro on your side.





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.



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

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

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

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

BRAIN GAMES

SUDOKU

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



October 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.)

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

- Adults**
- Register now for adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
 - More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. 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.
 - October Wellness Workshops include: Foam Roller

Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

- Older Adults**
- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
 - 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**
- All children's programs – from tots to teens – start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options.
 - Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
 - **NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.**
 - Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.
 - 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, youth shinny, and stick & puck.



ALBERTA BEES

Barbara Shorrock

If I hadn't gone to hear Lyndon Penner speak and bought his latest book Native Plants for the Short Season Yard, I wouldn't have learned about the Helen Schuler Nature Centre. Because I had read about it I jumped at the chance to drive down to Lethbridge with a friend one day and visit the centre to see its rooftop garden planted with native grasses and flowers. (Actually we were on a mission to source Spudnuts but that's a different story.) We did indeed see the native garden, and it is wonderful, definitely worth the drive. But even better was the display on the main level. This display changes several times a year, at the time of our visit featuring Alberta's native bees. It was fascinating.

Everyone is familiar with *Bombus* the bumblebee, first to appear in the spring, and *Apis mellifera* the honeybee, so necessary for crop pollination, not to mention honey production. Gardeners know about the leaf-cutter bee and some have built boxes for mason bees to keep them in the neighbourhood. There are actually over 800 species of native bees in Canada; our scientists have identified more than 30 species native to Alberta, some of which look so much like flies that you need to look very closely to tell the difference. There are orchard bees and mining bees, sweat bees, carpenter bees and plasterer bees, to name just a few. Some sting, most don't. Most collect nectar and pollen, some are predators. Some, like the early-to-rise bumblebee and many of the smaller native guys, are out and about at the crack of dawn before the honeybee wakes up, and are more cold tolerant, foraging on cool cloudy days while the honeybee waits for the sun. Some bumblebee

species are solitary, while others live in colonies, typically in holes underground. Usually, only the queen survives our harsh winter; the workers die off. Many native bees rely upon the nectar from only a few species of plants – you can imagine what happens when those plants are eradicated for commercial development or monoculture (think vast expanses of neatly trimmed grass – totally useless to a bee). Yes, some of them have stingers, but if you behave calmly when working in your garden in the company of bees, there is rarely a problem (unlike wasps, who are constantly in search of trouble and have a more aggressive nature). If you care about the environment and would like to create a bee (and butterfly, incidentally) friendly garden, consider adding some native plants to your space. The list is very long indeed, including asters, blue flax, columbine, bee balm, clematis, honeysuckle, Jacob's ladder and on and on. No doubt you already have some of these in your perennial beds, whether native or hybrid species. Watch what is attracting bees from spring to fall – when you have identified the successful attractors, plant more. The other part of the equation is pesticides – the lack of them. A chemical that will kill a caterpillar or moth will kill a bee. Simple as that. A bee friendly garden is a pesticide free garden.

Seventy percent (70%) of all flowering plants need bees to pollinate so they can reproduce. The Department of Agriculture tells us that one-third of the human diet comes from insect-pollinated plants. Have you ever stood under a tree in bloom in the spring, and thought the whole tree was buzzing? Right. The pollinators are hard at work. Bees are hugely important to our society.

Barbara Shorrock is a member of the Queensland Garden Club, which meets monthly on the first Wednesday at the Queensland Community Centre. All are welcome; it doesn't matter where you live.



WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today
LIGHTTHENIGHT.CA



2016 NATIONAL SPONSORS



Proud Supporter of the LLSC

Presenting Media Sponsor



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Chaparral. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

ELECTRICITY IS NOT A HOBBY: Call a licensed Electrician and Pot Light Specialist. No job is too small. Excellent rates. Please call John at 403-281-5002 / 403-708-6555.

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.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

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

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.

ALL TYPES OF DRYWALL: Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

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

YARDBUSTERS LANDSCAPING: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

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.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

LADIES WHO LIKE WINE...LET'S DESIGN! Cheers to creating your story or someone's you know through a modern, 100% personalised charm system. KEEP allows meaningful memories to be brought back to life, captures milestones and reminds you of "your happy" through your unique designs. Call Kate at 403-826-4086 or keepcollective.com/with/katrinajackle.

PERSONALIZED CLEANING SERVICES LTD: Let us help you in this busy time of the year by giving you the gift of time! Residential, move outs, one time, commercial, we meet all your needs! All supplies provided! Insured and bonded! 100% Satisfaction guaranteed! Simply call, text, or email Kim at 403-875-6219, info@pcscalgary.com. Also visit us at www.pcscalgary.com.

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. Accredited by the BBB. Please call for a free quote. Wade Richards 403-813-2941.

ZANELLA AUTO REPAIR: Dominic and sons Vincent and Charlie - in business since 1986. 258082 16 St. West DeWinton. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC, BBB. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.

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.

MATH TUTORING: Sessions for grade 9 to Introductory Calculus. School-aged students and upgrading adults. All sessions are 100% one-to-one. Days/evenings. Also available for business math and introductory accounting courses. Specializing in dash-1 math. In Sundance since 2003. Ask about distance tutoring. Call/text Claudia at 403-819-0421.

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, and sidewalks. Your SnapPower© distributor. References available. Wendell at 403-613-6807.

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. For more information about Young Living Essential Oils call or text Cindy DeJager 403-512-7847.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 403-870-0326. Thank you.

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. Clinical Vibration studies show measured results for sufferers of these conditions. Spicewellnesscalgary.ca, 403-698-6892.

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.

CLEANING SERVICE: European cleaning lady has few spots available, weekly or biweekly. I also do move in and out cleaning. In service for 16 years and have the same clients since. Reliable, consistent, and will do a great job. If interested, please call 403-992-5208.

UCMAS, an Abacus based Mental Math program for children age 4 to 13

Cognitive Skills enhanced by UCMAS

- ☑ Focus ☑ Perception ☑ Attention
- ☑ Memory ☑ Visualization ☑ Motor Skills

UCMAS
MENTAL MATH SCHOOLS
DISCOVER THE GENIUS WITHIN

Registrations Open Tel: 587-893-5858 | E-mail: gma@ucmas.ca

REVOLUTION
DANCE STUDIOS

www.Revolutiondancecalgary.com

IN & AROUND
CALGARY

952 'WestJet' Royal
Canadian Air Cadets

Are you between the ages 12 to 18 and interested in flying or the air element of the Armed Forces?

Are you looking for a challenge to bring out the best in yourself and your abilities?

Then look no further - Air Cadets is the program for you!

You'll make lifelong friends, learn valuable skills and increase your self-esteem.

Staff, cadets and parents will be available to provide information for parents and children who are interested in joining Air Cadets.

We will also enroll new Cadets who want to sign up - just bring along a copy of the cadet's Health Care card and proof of birthdate (Birth Certificate or Passport).

For more information on Air Cadets and the 952 Squadron, check out www.facebook.com/WestJetRCACS or contact us at westjetrcacs@gmail.com.



Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!



Chaparral Real Estate Update

Last 12 Months Chaparral
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2016	\$514,900.00	\$499,000.00
July 2016	\$499,900.00	\$475,000.00
June 2016	\$516,200.00	\$504,500.00
May 2016	\$449,900.00	\$445,000.00
April 2016	\$493,800.00	\$484,900.00
March 2016	\$469,888.00	\$455,000.00
February 2016	\$492,200.00	\$487,500.00
January 2016	\$487,000.00	\$472,000.00
December 2015	\$539,500.00	\$525,000.00
November 2015	\$488,777.00	\$470,000.00
October 2015	\$497,900.00	\$500,000.00
September 2015	\$499,900.00	\$487,000.00

Last 12 Months Chaparral
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
August 2016	19	13
July 2016	21	15
June 2016	24	22
May 2016	25	23
April 2016	25	23
March 2016	24	11
February 2016	25	12
January 2016	22	10
December 2015	13	5
November 2015	9	9
October 2015	13	15
September 2015	19	17

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



COUNCILLOR, WARD 14
PETER DEMONG

www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653

Greetings Ward 14!

Thank you to those who attended my Ward 14 Communities BBQ! It was a great time! Don't worry if you couldn't make it. There will be another chance next year—although it will look slightly different because of the upcoming election. I will speak more about that next month.

I do want to remind you that I send email notifications about events like my BBQ, Counciltalk, and other important information relating to municipal government. To receive them you must sign up at calgary.ca/ward14connect. I encourage you to do so.

Free Leaf and Pumpkin Drop-off

We are undeniably in autumn now, and the remains of summer are likely lying on your lawn waiting to be raked and bagged. My October column is the perfect opportunity to remind you of a great program we have at the City: the Leaf and Pumpkin Composting Program. It is currently underway, and runs until November 6. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.

Check your smoke detectors

Now I want to make what you might call a public service announcement. Did you know that your smoke detector needs to be replaced every ten years? You should be replacing its batteries every year at least, and checking that it works every month.

October 9th to 15th is Fire Prevention Week. It may be the perfect opportunity to learn what you can do to protect your home and your family. There is a lot of great information about that and more at calgary.ca/fire.

Being prepared for snow

We didn't get much snow last winter, but if I have learned anything from this spring and summer, it is probably best to be prepared for anything. That is why I'm getting an early start on my usual snow clearing reminder this year.

Not much has changed. The City still aims to have all roads in drivable shape within seven days. Crews work on a priority basis. If necessary, the snow on your street will be packed down, and ruts will be removed anywhere between three and seven days after the end of the snowfall.

There are many ways to stay informed during a snowfall event. You can follow @yyctransport on twitter, download the City of Calgary Roads App, or visit calgary.ca/roadconditions for current road conditions and progress. There is much more information about snow and ice control on calgary.ca/snow too.

One last thing: please pay attention to snow parking bans, and any other signage. Doing so will help everything get done as quickly and painlessly as possible.

That's it for October! Have a great month, and remember you can contact me anytime.

IN & AROUND
CALGARY

Fraud Awareness

A message from the Federation of Calgary Communities

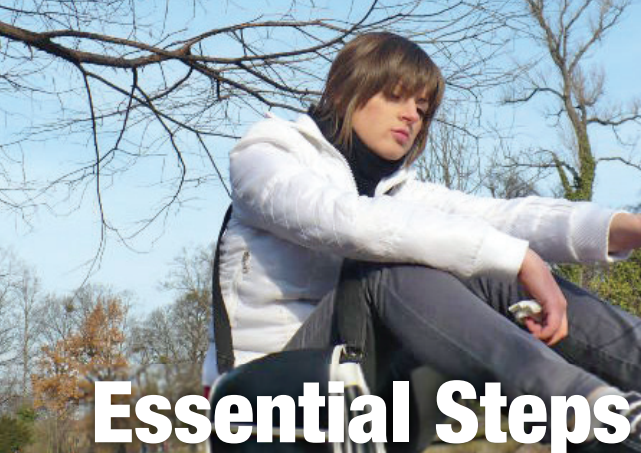
Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

Date: Wednesday, October 19, 2016

Location: Capitol Hill Community Association (1531 - 21 Avenue NW)

Time: 7:00pm – 9:00pm

For more information and to register for this FREE event, visit calgarycommunities.com/workshops-events/



Essential Steps for Moving from Body Loathing to Body Love

By Carol Fredrek, Registered Psychologist

- 1. Attention:** listen to your body instead of mistrusting it and your body will tell you what it needs – hunger, pain, pleasure.
- 2. Appreciation:** recognize the value of what your body has to offer you – sexual, athletic, aesthetic. Celebrate all of the amazing things that your body does for you – running, dancing, breathing, laughing, dreaming.
- 3. Acceptance:** accept your imperfections and limitations and you will be freer to take pleasure in the beautiful parts of yourself rather than yearning for what you don't have.

You are probably asking yourself “How do I move through these steps?” It is important to remind yourself that it has taken years to get to where you are today so it will take time to change those negative tapes that you have learned. This will be a very powerful healing journey for you. Rather than pursuing beauty desperately you will pursue it joyfully.

You will need to work on each level of body image:

- **Mirrors** make you more conscious, more critical and more conforming. Check your frequency of mirror use by gathering baseline data on how many mirrors you use – at home, at work, in your purse, magnifying mirrors, rearview mirrors. How many times a day do you

look in a mirror? How much time do you spend in front of each mirror? Then ask yourself a few questions: What am I looking at? What am I looking for? What am I expecting? You may want to get rid of certain mirrors and shorten the time you spend in front of the mirror. An excellent exercise to do is “The Imaginary Mind Mirror” from Marcia Germaine Hutchinson’s book *Transforming Body Image*.

- **Automatic Irrational Thoughts** lead to distorted body image and produce bad feelings. If you change those beliefs you will change how you feel about your body and yourself. There are four cognitive errors that can lead to these bad feelings: exaggerating, personalizing, emotional reasoning, and jumping to conclusions. A psychiatrist by the name of Aaron Beck developed a method of examining your thoughts, identifying the cognitive error, and challenging the defeating beliefs.
- **Awareness of one’s felt sense:** feeling sensations and responses in your body, knowing how to move your body, where your body is in space, and where your body parts are in relation to one another. Many women are disconnected from their bodies. An excellent exercise to help move toward a greater connection with your body is an exercise from Marcia Germaine Hutchinson’s book *Transforming Body Image* titled “The Imaginal Body”.
- **Rolling Back the Years:** what we learn about our bodies and ourselves during childhood, adolescence and young adulthood become engraved into our body images and carried over into our later years. Our families can influence our body image through their own body images. And what we learn from the women in our lives and the men in our lives also influence our body image.

Five Ways to Love Your Body:

1. Walk with your head held high, supported by pride and confidence in yourself as a person.
2. Wear comfortable clothes that you like and that feel good to your body.
3. Be your body’s friend and supporter, not its enemy.
4. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
5. Put a sign on each of your mirrors saying, “I’m beautiful inside and out.”

Adapted from *Transforming Body Image* by Marcia Germaine Hutchinson and *Body Love* by Rita Freedman

Carol Fredrek, MA, R. Psych. is a Registered Psychologist who has worked in the areas of women’s issues, disordered eating and body image for over two decades.

IMPORTANT NUMBERS

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

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Chaparral Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Chaparral Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month’s publication
Contact news@great-news.ca

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

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Chaparral Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Chaparral Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

VOLUNTEERING is good for the soul

Published by:



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 415,000 HOUSEHOLDS
ACROSS 141 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca

2 PAIR OF GLASSES

\$199.99

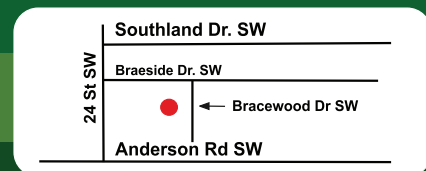
includes progressive or single vision scratch resistant plastic lenses



JAFFERY OPTICAL

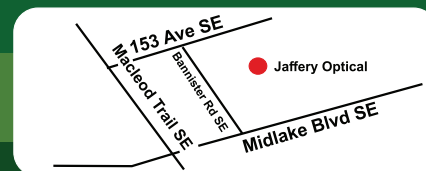
www.jafferoptical.com

Jaffery Optical - Braeside Center
25B 11440 Braeside Dr. SW
Calgary, AB T2W 3N4
Ph: 403-452-1273



Jaffery Optical - Chestermere Plaza
Ph: 403-454-7681

Jaffery Optical - Midnapore
258 - 22 Midlake Blvd SE.
Calgary, AB T2X 2X7
Ph: 403-984-3275



Jaffery Optical - High River
Ph: 403-652-1213

CHAPARRAL VALLEY DENTAL



**DR. MEISLINGER CONGRATULATES
ALFRED, OUR CAVITY FREE WINNER**

WHERE YOUR NEIGHBOURS GO!

Implants, Sedation, Zoom Whitening,
Invisalign and Esthetic Dentistry
Convenient hours and parking
Insurance Assignment accepted

Dr. Jeff Bilodeau and Associates
Child and Family Dentistry

Suite 2350-1800
194th Ave SE
CVDental.ca
403.283.3682

LIVING EARTH LANDSCAPES INC.

Services we offer

- Landscaping design and construction -
- Retaining walls -
- Stone Patios -
- Decks -
- Fences -
- Irrigation -
- Outdoor lighting -
- Outdoor kitchen -
- Custom work -

FREE ESTIMATES

WCB insured licensed

www.livingearthlandscapes.ca

Alex Staub: 403 617 3225

alex@alivingearth.ca



**10% OFF BOOKINGS FOR THE
REMAINING FALL SEASON**



Lundgren & Young INSURANCE



TERRY BURTON

Home - Mortgage Insurance - Business Property
Life - Group - Travel

📞 403.539.0269

📱 403.860.3615

terry.burton@landy.ca

DARCY BURTON

Home - Auto
Commercial Auto

📞 403.539.9518

📱 403.860.3617

darcy.burton@landy.ca