Prompt Care Medical Centre

Now Open!

A patient-centered clinic with a compassionate and caring healthcare team. Accepting new patients, walk-ins welcome.

Dr Dapo Olayiwola Family Physician
Mon-Fri: 8.30am to 5.30pm
Saturdays: 10am to 2pm
www.PromptCareMedicalCentre.ca

Unit 33, 240 Midpark Way SE, T2X 1N4
Call 587 356 5333

GET ON BOARD!
www.SOUTHLAND.CA

CHAPARRAL
I   August 2017     3

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

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

www.jafferyoptical.com

We Direct Bill

Calgary Foothills Soccer Club

Developing Excellent Players and Outstanding People

For complete details and to register online: GOFOOTHILLS.ca

Patrick KRAUSE

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

Call today for your FREE Home Evaluation.

403-777-0077
info@calgaryrealestate.com

www.LakeChaparralHomes.com

Not intended to solicit properties already listed for sale.

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IN CHAPPARAL FOR 2017!

Free Bus Training

THIS IS MY RETIREMENT GIG

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info@calgaryrealestate.com

www.LakeChaparralHomes.com

Not intended to solicit properties already listed for sale.
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
CCA BOARD OF DIRECTORS

President Lynette Javaheri chaparralcommunity@shaw.ca
Secretary Cory Exner
Treasurer Susan Kiyonaga
Membership Fazeel Elahi
Education Lawrence King
City of Calgary Liaison Marilyn Houston
Traffic Committee Dee Treder
Safe Communities Jonathan Weal
Director Anton Ortvchinnikov
Director Thomas Wimmer

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 cca@lakechap.ca

COMMUNITY ASSOCIATION CONTACTS

CHAPARRAL COMMUNITY ASSOCIATION NEWS

AUGUST EVENTS
Your Chaparral Community Association is proud to sponsor and host the following City of Calgary programs right here in the neighbourhood at Chaparral Elementary - 480 Chaparral Drive S.E:

Lawn Chair Family Theatre - Thursday August 10 6pm – 8 pm. Bring your lawn chair, enjoy great snacks and live entertainment for the entire family. Call 311 for more information.

Stay’n Play - August 8-August 11, 10am-12pm. Fun with games, crafts and activities for children 3-5 years old with an accompanying adult/guardian.

Park’n Play- August 8-August 11, 10am-3:30pm. Supervised play for youth aged 6-12 years old.

**NEW** Local Roamers – Thursdays, August 3, 10, 17 Time: 1 p.m. – 4 p.m. Local roamers is a new program for youth aged 12-17. Participants will navigate the city by Calgary transit, bike, bus and foot to local parks and attractions. Youth will learn about hidden treasures close to home and spend each afternoon working together, exploring and learning new skills. Program registration is required.

For registration information visit calgary.ca/community-summerprograms

GREEN CART Q&A
As green carts are set to roll out this summer, here are some answers to common questions as provided by the City of Calgary Waste and Recycling services.

What if I already compost in my backyard?
You'll be surprised how many materials such as meat, bones, dairy, cooked foods, pet waste, tree branches can now go in the green cart.

What about smells and rodents?
We found that residents in the pilot didn't experience an increase in pests around their carts. Collecting food and yard waste in the green cart is similar to putting them in the garbage. If your household hasn't experienced problems with pests and food odours in the past, it's unlikely you will with the new system. Some good practices to follow include:

• Empty the kitchen pail into your green cart every 2-3 days.
• Keep the lid of the kitchen pail and green cart closed.
• Put your green cart out for collection every week, even if it's not full.
• Sprinkle a small amount of baking soda or vinegar in your kitchen pail and green cart.

Will compost return to the community?
Yes, some compost will be available to the community for free through community gardens and select giveaway days starting in 2018. The majority of the compost will be sold in bulk to landscape suppliers with the proceeds reducing the processing costs and lowering the program fee.

Keep an eye out for your green cart and starter kit that is tentatively scheduled to be arriving mid-August. More information is available at calgary.ca/greencart

Volunteers Needed
The Chaparral Community Association is seeking to fill the following volunteer positions:

Newsletter Editor: This position is responsible for collecting, editing and submitting Your Trailblazer community newsletter content to the publisher. This position requires approximately 3-4 hours per month.

Babysitting list coordinator: This position is responsible for keeping the list of community babysitters up to date and corresponding with residents looking for a babysitter. Little time commitment required.

Sports and Recreation coordinator: This position would entail liaising with local community sports as well as community events and coordinating the annual community sports day. This position requires a minimum of 2-3 hours per week.
Do you want to install a Little Library of your own to share with the community or do you have an idea you think the Chaparral Community Association should get behind? ActivateYYC is a micro-grant program that will fund 150 community projects across Calgary—events or activities that get people to walk, play and be neighbourly!

ActivateYYC grants will average $750 in funding—to individuals, organized groups and businesses to experiment with temporary local projects and events. Projects can be small or large, and on public or private land. They should involve volunteers and engage people. They are short term and can occur any time of the year. And they should be new and creative!

Through ActivateYYC—administered by The Federation of Calgary Communities and made possible by The City of Calgary, Council Innovation Fund—the 150 reimbursement microgrants will awarded across Calgary to experiment with local level ideas that support more walkable and neighbourly communities. By engaging a diverse group of citizens, we can explore innovation, look at civic barriers to citizen-led projects and energize people, businesses and social organizations citywide to engage in future community building projects.

The ActivateYYC application deadline is August 15, 2017. Projects/events can take place from September 2017 to March 2019.

Visit calgarycommunities.com/activateyyyc today for all the information you need, including 101 project ideas to get you thinking about how you can activate your community! Contact your Chaparral Community Association at chaparralcommunity@shaw.ca to help formulate a community initiative.

Great Photos of Chaparral Wanted!

High resolution, seasonal, and community related photos, preferably not of the lake but of other areas of the community would be greatly appreciated and will be considered for our cover, and inside our community publication. Please submit your photos to Lynette at chaparralcommunity@shaw.ca

A total solar eclipse—the aligning of the Sun, Moon and Earth—will occur on August 21. The total phase will not be visible in Calgary, but can be observed as a partial solar eclipse here. It will be at its maximum at 11:33 a.m., so get out your pinhole camera and enjoy the spectacle; the last one was in 1979.
August is one of those in-between months for a gardener, where some of the garden has ripened and been harvested, while other parts need to wait for cooler weather in the fall. This can lead to some unsightly bare patches and a sense of space gone to waste, but it doesn’t have to be that way. Although the days are hot and becoming shorter with cooler nights, there are still many things that can be planted now, even some that will flourish.

First, if you can still find bedding out plants, as long as you water well, many will do well if you plant them now. Plants like carrots and parsnips actually have an advantage when planted late, as there is less chance of dealing with carrot flies this late in the season. You could also harvest tender leeks or broccoli in the fall if you got those in now too.

If bedding out plants aren’t the thing for you, there is still time to start some things from seed too. Lettuce takes no time at all and you can use other more mature plants to help shade it from the heat of the midday sun. Spinach, kale, and chard are also great options. I really like kale as you can keep harvesting until it freezes. I have also had people suggest that peas would still have enough time if you are content with small young pods, the same with beets. I have tried beets late before, but never had much luck getting more than just greens, although that may have had a lot to do with me not watering them enough. Anything you plant late will need a lot of water!

For those who are even more adventurous, you could also consider extending your growing season into the fall’s colder days by providing some sort of cold protection for the plants. This protection could come in the form of a nighttime cover such as fabric over a large area, a glass or plastic cloche covering specific plants, or it could be a more permanent structure. I have had great success with a hoop house made of pvc hose bent over rebar stakes pounded into the ground, and covered with either row fabric or plastic as the days got colder. I have also seen some beautiful boxes that use old windows for the lid, which can be propped open on warm days but left closed on cold days and at night.

August is also a great time to look at your perennial beds and see what work needs to be done. If you have perennials that are beginning to look crowded or dying in the centre, now would be a good time to divide many of them. New divisions can then be planted somewhere else and if watered well will have plenty of time to establish a new root base before winter. I try to divide as much as possible at this time, as that way I have a little less work in the spring, and I start the season with fuller, more mature plants in the garden.

Last on your list of August chores, don’t forget to keep deadheading your flowers to keep those blooms around as long as possible, and if you are growing garlic it is probably ready to harvest now. Happy gardening!
The Chaparral Babysitter list is maintained by the CCA. If you are interested in being added to the list or are seeking a babysitter in the community please email ask@chaparralcommunity.com

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Lawn Chair Theatre

Date: Thursday August 10
Time: 6 p.m. - 8 p.m.
Address: 480 Chaparral Dr. S.E.

Bring your lawn chair, enjoy great snacks and live entertainment for the entire family.
Program is weather dependant.
There will be light snacks provided
Please call 311 for more information

FALL 2017
12 week sessional programs
Tiny Toes Princess Ballet
Jazz/Tap/Ballet
Ballet/Jazz - Jazz/Tap
Hip Hop - Musical Theatre

Registration Open House:
Friday Sept 8 & 15, 3:00-6:00pm
@ Lake Chaparral Recreation Centre

Lake Chaparral Recreation Centre
225 Chaparral Drive SE
Non-Members welcome!

403.828.9675
www.devotiondanceworks.com
elizabeth@devotiondanceworks.com
Improvements at the Lake

We are so very happy to announce that the new playground and fencing projects are now complete. They both add a great aesthetic look to the Lake and of course, we have happy kids again. We appreciate all the patience everyone gave us during this renovation. We hope you enjoy the improvements. This fall we will also be adding an aeration system, to help improve the ecology of our lake. Thank you for all the compliments on these improvements.

Lake Fees

2017/2018 fees are now overdue, if you haven’t been into the lake to pay them, please come in at your earliest convenience.

UPCOMING EVENTS

August 11-13 – Come cheer on the athletes as they participate in this year’s Multisport Triathlon. This is an all-day event. For more information visit their website at www.multisportcanada.com

August 19 – Movie in the Park: Enjoy a summers eve with the community, movie starts when the darkness falls. We will have food trucks for dinner. Movie to TBD.

August 25 - End of Summer BBQ: Come on down and join us for the last big event of the summer, we will have a beautiful night of fireworks, entertainment and fun.

PROGRAMS

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

Senior Programs

Senior Games

Monday’s 12-3pm

Attention all seniors! Come out to socialize with your neighbours and friends, play games and enjoy coffee at the lake house. Cost: $1.00/person drop-in

Walking Club

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.

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

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
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 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.
Park n’ Play & Stay n’ Play

These free, safe, supervised programs help children make new friends and learn games and activities that they can use on their path to healthy and active lifestyles.

Programs run weekdays and are weather dependant.

Dates: Aug 8th - Aug 11th
Community: Chaparral
Address: 480 Chaparral Dr. S.E.

Stay n’ Play FREE
Ages 3Y – 5Y
10 a.m. – noon
Participants must be accompanied by an adult/guardian

Park n’ Play FREE
Ages 6Y – 12Y
10 a.m. – 3:30 p.m.

For more information visit calgary.ca/communitysummerprograms

Honeybees can count, categorize similar objects like dogs or human faces, understand “same” and “different” and differentiate between shapes that are symmetrical and asymmetrical.
Membership Matters

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.

- Programs and activities put on by the CCA (Stampede Kick-off Breakfast, Neighbour Day Chaparral Block Party, Festival of Lights, to name a few)
- Social, environmental and civic affairs (Advocating for traffic signal lights and crosswalk Rapid Movement Flashing Beacons (RFB), Safe Communities initiatives, Development Permit Applications, Financial Wellness presentations, Trailblazer, Traffic & Zoning Issues)
- Government Liaison (With the City of Calgary and Government of Alberta)
- Weigh-in on Commercial Applications (Bottle Depot, 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 St. Sebastian Elementary to address a progressive agenda.

The cost of membership is $20.00 for one year. The value of the Community Association is to represent you and keep you informed of important events and factors affecting the 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.

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.

Residents can purchase their memberships at ATB Financial at Walden Gate.

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**

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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!

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 St. Sebastian Elementary to address a progressive agenda.

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opportunity to meet with the Friends’ Board of Directors.

Nature of Alberta.

keynote speaker and author of... and enjoy a presentation from Kevin Van Tighem.

Sample beer and wine from local producers of Autumn - Wine & Beer Tasting and Silent Auction.

22 August 2017 I Call 403-263-3044 for advertising opportunities.

Celebrate the Friends 25th Anniversary at Provincial Park

Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek

Friday, Sep. 15, 2017 6:30 – 9:30pm

Auction Fundraiser

A Taste of Autumn – Wine & Beer Tasting and Silent Auction

For more information contact the Friends or visit www.friendsoffishcreek.org/brick

25th Anniversary Brick Program

Celebrate the 25th anniversary of the Friends of Fish Creek by dedicating a brick! Show your support for the park by having a brick inscribed with a message, your name or the name of a loved one. There is a limited number of bricks available. Get yours today! For more information contact the Friends or visit www.friendsoffishcreek.org/brick

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, Sep. 15, 2017 6:30 – 9:30pm

Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Celebrate the Friends 25th Anniversary at A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser. Sample beer and wine from local producers and enjoy a presentation from Kevin Van Tighem, keynote speaker and author of Our Place/Changing the Nature of Alberta. A Taste of Autumn also provides a great opportunity to meet with the Friends’ Board of Directors and bid on amazing silent auction items donated by local organizations. www.friendsoffishcreek.org/autumn17

Autumn Birding

Autumn is one of the best times of year for birding, during which you can see, hear and learn about more than 150 bird species. In Calgary we are fortunate to have an abundance of natural areas and waterways where birds congregate. All birding course sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Course starts September 4. Registration required and fees apply. www.friendsoffishcreek.org/programs/birding-course

Planned Giving for Healthy Families – Leaving a Legacy, Planning Your Estate, and Charitable Giving

Wednesday, September 27, 7:00 pm – 8:00 pm

Presented by Aaronickman, Trust and Estate Practitioner in the Wills & Estates group of McLeod Law.

Creating a solid and comprehensive estate plan will minimize the tax your family pays, ensure harmony within your family, preserve wealth and protect your family’s future. To ensure the proper management and distribution of the funds you leave behind, it is important to learn when to change or update your will and what happens if you do not have a will. Learn why proper estate planning is important, what documents you need to have in place, and the basics of planned giving with a focus on charities that you value the most. www.friendsoffishcreek.org/event/plan

Wellness in Fish Creek!

Experience Yoga, Spring Forest Qi-Gong, Full Moon Guided Meditations, and Painting Courses, all held outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park’s natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Photography Minibus Course with Bob Bakker

Learn some of the basics of Photography. Tour Fish Creek Provincial Park in the open-air minibus, while making a few stops along the way take some photos, try out technique, and ask questions.

Bring your camera, camera manual, and enthusiasm. www.friendsoffishcreek.org/programs/minibus
Local Roamers

Youth 12-17 are invited to explore their community as well as surrounding neighborhoods in our new FREE Local Roamers program. We will navigate through neighborhoods by Calgary transit, bike, bus and foot to local parks and attractions. Youth will learn about hidden treasures close to home and spend each afternoon working together, exploring and learning new skills.

Program registration is required.

Dates: Thursday August 3, 10, 17
Time: 1 p.m. - 4 p.m.
Community: Chaparral
Address: 480 Chaparral Dr. SE (Chaparral School)
For more information visit calgary.ca/communitysummerprograms

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., our current session is April 5 to June 21. Our fall session will start Wednesday, September 6 and finish November 29. Registration is preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.

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

On behalf of Community Standards & Waste and Recycling Services

Thank you CHAPARRAL

Congratulations on a successful Community Cleanup on June 18th, 2017.

The weights collected for this year:
- Garbage: 11290 kg
- Organics: 2755 kg
- Total: 14045 kg
- Truck Loads Hauled: 3

Thank you to the Chaparral Community Association and community residents for the commitment to keeping our city healthy, safe and vibrant.

START THE SCHOOL YEAR STRONG!

Call Us Today & Receive a FREE Comprehensive Assessment, FREE Registration AND 1st Month’s Tuition HALF OFF!* 403-777-4974

*This ad must be presented at the centre for the offer to be valid.

CHAPARRAL | AUGUST 2017 | 25

PIANO TEACHER: with 25 years’ experience accepting registrations for September 2017. Learn Conservatory Canada, movie themes, pop, and chording for worship. Beginner to grade seven RCM and adults welcome. Day or evening lessons. Call for your lesson time if preferred. Contact Lorinda at 403-836-1990 (Sundance).

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

TRAVELLING PIANO TEACHER: Sharon Cameron has taught piano for the past 20 years and loves working with all ages and levels. She is happy to teach in your home or her studio. She brings with her the highest level of music education from The Royal Conservatory of Toronto with her ARCT designation. Call: 403-797-9889.

HOME BUSINESS OPPORTUNITY: Clinician 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 turn key business, free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

LANDSCAPING PROJECTS AND LAWN CARE VACATION COVERAGE: Have a landscaping project you are looking to complete? Taking a vacation and need your lawn cut while you are away? Locally owned, family business working in your neighbourhood weekly. Available to quote your landscape projects and vacation lawn coverage. Call/text Mike at 403-510-6465 or visit our website at www.amberproperty.ca.


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

LAWYER/NOTARY: Professional client-centered legal services for Wills, Power of Attorney, Professional Directives, Family Law, (divorce prenuptials etc.) Real Estate, and Contract Review. Kimberly DesLandes 212, 20 Sunpark Plaza SE. Call 403-998-7872 or email kdeslandes@shaw.ca.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TV’s, concealed audio/video wiring, computer setup and repairs, general repairs, landscape projects, seniors discounts. No job too small, free estimates. Reliable, conscientious. Call Alan at 403-660-3170.

JADE COMPTON HOME HAIR STUDIO: Experienced licensed hair stylist, working out of a home based studio in SE community of Sundance. I am a fully certified professional hair stylist, with a fully equipped modern salon. Very reasonably priced with flexible hours. Please call Jade at 403-923-5169 or email cjcompton@hotmail.com.

LULU’S GROOMING SALON: Professional all-breed dog grooming by award winning groomer, Lisa. I am home-based, located in Midnapore. Please call 403-462-2344 to book an appointment, or visit Lulu’s Grooming Salon on Facebook.

THE GUTTER DOCTOR! We install, fix and clean eavestroughs and downsputs. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. AA+ rated BBB Member. 2017 Consumer’s Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

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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.

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OFFICIAL PLUMBING & HEATING: Home of the $25 service fee. Lower service fees, better warranties. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs. Licensed and insured. Why wait? Call today and get it fixed today! We accept debit/Visa/MasterCard. Call/text 403-837-4023.

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South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. See below for some of the programs happening in July 2017. Registration information and full program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

The South Health Campus Wellness Centre and YMCA have opened an outdoor sports court for community use. or more information call the South Health Campus YMCA at 403-956-3900.

Emotional Well Being
Meditation Drop-in
Every Tuesday 5:00-5:45pm

Drumming Up Wellness
Every Friday 1:30-2:30pm
Mindfulness Practice Sessions
August 17 6:30-7:45pm

Health Management
Understanding Dementia & Brain Health
August 30 6:30-8:30pm

Support Groups
Support Works
Wednesdays 6:00-8:00pm

Alcoholics Anonymous
Meditation Drop-in
Every Tuesday 5:00-5:45pm

Narcotics Anonymous
Mindfulness Practice Sessions
August 17 6:30-7:45pm

Smart Recovery:
Sundays: 3:00-4:30pm

Parents/Parents to Be
Feeding Your Baby
August 8 9:30-11:30am

Story Time & Play Date
August 18 or 25 10:00-11:30am

Food, Nutrition & Cooking
Kids Summer Cooking Camps:
(Note: $Fees apply)
Culinary Masters: August 2 or 16 9:00am-4:00pm
Science in the Kitchen: Plants We Eat:
August 3 or 17 9:00am-4:00pm
Science in the Kitchen: Chemistry:
August 9 or 23 9:00am-4:00pm
Farm to Fork: August 10 or 24 9:00am-4:00pm
I Know I Should Eat Healthy, But How?
August 8 5:30-8:00 pm
Canning: Summer Fruits Galore:
(Note: $Fees apply)
August 15 6:00-8:00 pm

Did you know that your restaurant can put a menu in our newsletter? Turn local residents into local customers.
Contact us:
403-263-3044
sales@great-news.ca

Your insert here
91 Monthly Community Newsletters
415,000 Households
152 Calgary Communities

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. Register your children now for YMCA Galaxy summer day camps, kids culinary cooking camps brought to you by Pappy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!

Rockin’ 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.). 25+ years’ experience, informative, reliable. Call Ken 403-259-5226.

Home Repairs and Renovations: Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Receive a 10% discount on labour only if you mention this ad. Insured Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 – TH Maintenance Services. Find us on Facebook.

Music for Little Ones: Musical Discoveries is for children aged 6 months – 5 years. In parented and unparented classes our program teaches your little one about music. In an age appropriate setting we’ll explore through singing, instruments, movement and rhythmical activities, crafts and stories. Call Skye today at 403-619-7063. www.musicaldiscoveries.ca


Top Turf: Lawn care, yard clean up, pressure washing. Call 587-438-0036.

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 reno’s, basements developed and upgraded, to fences, decks, and sidewalks. References available. Contact our team of professionals. Wendell at 403-613-6807.
Greetings!

Are you enjoying the summer? I hope you are! Summer is part way through, but I am sure some of the best weather is still to come.

Ward 14 Communities BBQ

The Ward 14 Communities BBQ is about one month away. Things are starting to fall into place—although I am sure there are still many surprises in store. This year the BBQ will be on September 16 from 11 a.m. to 2 p.m. in the parking lot of Southcentre Mall. Visit www.calgary.ca/ward14bbq for more info, or www.calgary.ca/ward14connect for email updates.

As for potential surprises, the list of exhibitors continues to grow along with the list of kind sponsors. To start, Spolumbo’s is the newest food sponsor. Instead of the traditional burger, you can have one of their delicious sausages on a bun.

I also want to introduce Pacific Developments as the newest financial sponsor. They join United Communities, Mattamy Homes, No Bull Bookkeeping, Genstar, and Great News Publishing on the list at this early point. Another big thank you is also owed to Waste Connections of Canada (formerly Progressive Waste Solutions) for donating money, and for helping clean up afterwards.

Thank you to all of them, and Southcentre Mall for the venue!

Ward Boundary Changes

In case you weren’t aware, there is a municipal election coming on October 16. Because Calgary is continually evolving and changing shape, ward boundaries must constantly change shape too. 58 communities will find themselves in a new ward next Council term. It is important that you check your ward so that you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit www.electionscalgary.ca, or call the Elections & Census Office at 403-476-4100 (Option 2).

Unfortunately, Ward 14 will be losing three communities: Maple Ridge, Silverado, and Willow Park. I can’t overstate what a pleasure it has been to serve these communities. I spent many nights meeting the people there, and many days advocating for them at City Hall. More importantly, within them I have made many friends.

Thank you to all the residents, and volunteers of those beautiful communities for joining me in the endeavor of making them the best they can be. I look forward to doing the same with Douglasdale and McKenzie Lake as we welcome them into Ward 14.

New rules for fire pits in Calgary

I can confidently say that building a good relationship with your neighbours is very important. Not only is it nice to have the friendly mood in the community, but it is maybe the best thing you can do to keep the area safe. Everyone should try their best to be a good neighbour, but there is just no way that everyone is going to agree about everything. That is why we have set some rules—that we call Community Standards Bylaws—as guidance for being a good neighbour.

We have recently finished a review of those bylaws, and there have been some changes. Perhaps the most notable of those changes is to rules about fire pits. For example, you must now make sure your flame is extinguished by midnight on weekdays, and 1 p.m. on weekends.

If you are interested in learning more, I suggest you visit calgary.ca/firepits. If you have a concern or complaint about fire pits, call 311.

I will write again for September. Until then, feel free to contact me at any time.
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 403.860.3617
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