

DECEMBER 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **CHAPARRAL** trailblazer

Bringing Chaparral Residents Together

ANNUAL FESTIVAL OF LIGHTS

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PARADE MAPS

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ATB FINANCIAL

CHAPARRAL COMMUNITY ASSOCIATION

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*Wishing you a Merry Christmas
and a very Happy 2018!
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editor@chaparralcommunity.com
 All editorial content must be submitted by the 27th of the month for the following month's publication.

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 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

HOSPITALS / URGENT CARE

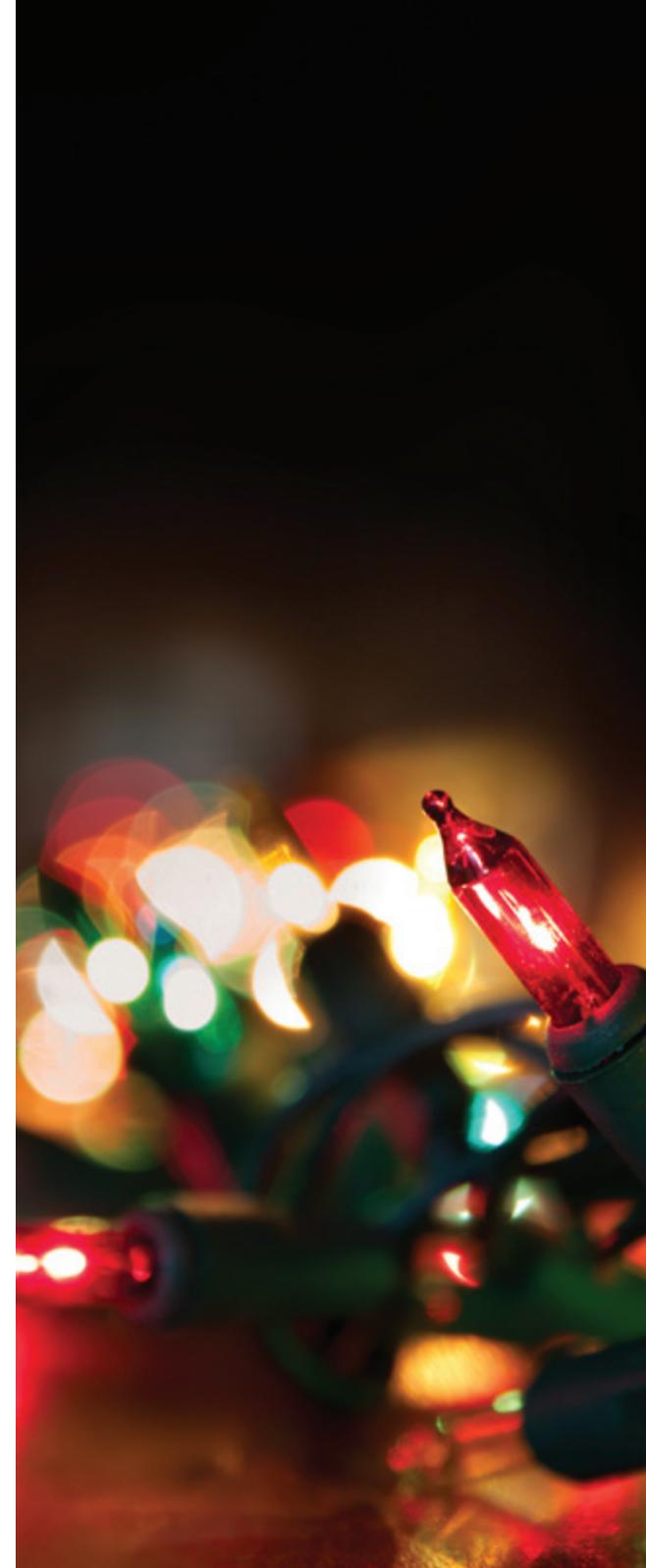
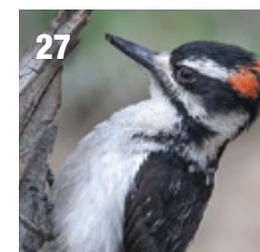
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111

OTHER

Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403-237-0654

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CCA BOARD OF DIRECTORS

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Education	Lawrence King	
City of Calgary Liaison	Marilyn Houston	
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Safe Communities	Jonathan Weal	
Director	Anton Ovtchinnikov	
Director	Thomas Wimmer	

VOLUNTEERS

Volunteer Coordinator	OPEN	
Events Coordinator	OPEN	
Trailblazer Editor	Amy Nogas	
Sports and Recreation	OPEN	
Planning and Development	Lynette Javaheri	
CCA Representative for SFCRA	Joel Irwin	
CCA Representative for Trico	Thomas Wimmer	
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Safe Communities Initiative	Jonathan Weal	
Condominium Liaison	Dee Treder	
Chaparral Valley Representatives	OPEN	
Chaparral Ridge Representative	OPEN	
Lake Chaparral Representative	Anton Ovtchinnikov	

LAKE CHAPARRAL CONTACTS (NOT CCA)

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#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
dohertysb@shaw.ca
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Naughty or Nice?
In Iceland, in the thirteen days leading up to Christmas, children leave their shoes by the windows for the thirteen Yuletide Lads to put gifts in. However, if you've been a naughty child, Lads will leave you rotten potatoes for Christmas.



PRESIDENT'S MESSAGE

"Maybe Christmas," he thought, "doesn't come from a store. Maybe Christmas...perhaps...means a little bit more?"
-The Grinch from, "How the Grinch Stole Christmas"

As I write this submission, Halloween has barely passed, and November is upon us, and that means the holiday season is right around the corner. Signs are everywhere, holiday displays are being installed, Christmas carols old and new are being piped in, trinkets, lights and décor are on shelves there to tempt us. But by the time you read this the season will have moved from subtle to bold and there is no doubt about it the holidays are here!

There are many reasons to be a Grinch about the whole season, the crowds, the parking, the stress... not to mention the expense. Believe me, I have been in retail management for twenty years now, and know all too well all the reasons we can become Grinch's. But then there are those moments when our proverbial hearts grow, time with friends, family and faith, following old traditions and creating new ones, smiles, thank-yous and a cheerful Merry Christmas, Happy Hanukkah, Kwanzaa, Yule, Festivus or Happy Holidays greeting. I love this time of year for so many reasons.

Viewing light displays have always been a favorite past time for my family and if you've followed my December articles before you know I grew up visiting popular Calgary light displays like the Lions Club drive by display at Confederation Park along 14 St NW, North of 24 Avenue, or the now disbanded display in Glamorgan that later moved to Airdrie, as well as all the displays at the various lake communities here in the south.

So, it shouldn't be any surprise that judging the community Festival of Lights celebration is one of my favorite volunteer duties with the community association. Every year as we drive through the areas of the Lake, Valley and Ridge, searching for the homes entered in the contest, we catch glimpses of houses or streets that just must be seen, regardless of entry into the contest. We always comment that the format needs to be tweaked

to allow more homes to be recognized. It was during the 'Tour' night at ATB Financial last year that some of the winners asked if they could help next year and possibly change the format to allow more homes to be seen! Well one year later here we are, and the format has in fact been tweaked. This year we will be accepting nominations from the community for any home. Visit our Facebook page @ChaparralCA or email an address to ask@chaparralcommunity.com to nominate yourself or a neighbour (or both) by Sunday December 10th. We can't wait to see more homes and share them all with you on Thursday December 14th from 5:30-7:00 at ATB Financial in Walden.

A special thank you to last year's winners for becoming part of the judging panel this year. They have asked to be withdrawn from any judge's choice selections this year and just to be apart of seeing all the entries. Not only are we blessed with the beautiful homes they decorate and share with the community, but are fortunate to have them continuing to grow the legacy of the Festival of Lights! We really live in the best community in Calgary.

Wishing you a season filled with merriment and joy. Merry Christmas and a Happy New Year.

Lynette Javaheri
President
Chaparral Community Association

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CCA 2017/2018 MEETINGS

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

St. Sebastian Elementary
65 Chaparral Drive SE
7:00 – 9:00 PM

December no meeting
January 9th
February 13th
March 13th
April 10th
May 8th AGM
June 12th

FESTIVAL OF LIGHTS PARADE

The Chaparral Community Association is proud to once again sponsor a Festival of Lights Parade in December. Enter to win a gift certificate or reward a neighbour by nominating them on our Facebook page at @ChaparralCA, by Sunday, December 10th or email ask@chaparralcommunity.com.

Four homes will win judges choice, one will win community favorite (calculated by nomination totals) or win by random participation draw.

Want to see who the community nominated or who the judges chose? Stop by ATB Financial in Walden for a hot chocolate, treats and a map of the homes on Thursday December 14th from 5:30-7:00 pm. We look forward to seeing you there.

VOLUNTEERS NEEDED

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

ST. PAUL'S ANGLICAN CHURCH

Sun. Dec. 17 @10am: Lessons & Carols
Christmas Eve @ 5pm: Candlelight Family Eucharist
7:30pm & 10:30 pm: Candlelight Eucharist
Christmas Day @ 10am: Eucharist

Please check our website or Facebook Page for more Christmas Events: www.facebook.com/stpaulscalgary

Sunday Services 8:30 & 10:00 am
Everyone Welcome!

7 Sunmills Green SE 403.256.1428 www.stpaulscalgary.ca www.facebook.com/stpaulscalgary

Sports and Recreation coordinator: This position would entail liaising with local community sport associations, compiling any relevant registration events, AGMs, major tournaments, fundraisers or championships that would be of interest to the community. Information would be shared through various community association communication avenues, including our newsletter (Trailblazer), website and social media. A perfect position to serve the community from home.

CALGARY PUBLIC LIBRARY

Try a new app for ebooks and audiobooks
 Calgary Public Library members have a new way to read ebooks and listen to audiobooks. Libby, a one-tap app from OverDrive, is designed to get people reading quickly and seamlessly. Download Libby today and use your free Calgary Public Library card to discover Libby's extensive digital library.

Leave your mark on the New Central Library
 The Calgary Public Library Foundation is offering a once-in-a-lifetime chance to be part of New Central Library. Join the Windows of Opportunity campaign and support the Library! Purchase a group or personal window and your name or a message will be inscribed on the window's frame. Learn more at mylibrarywindow.ca.

YOUTH EMPLOYMENT CENTRE

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge, including employment counseling, career planning, networking assistance, resumé assistance, industry-training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit youthemploymentcentre.ca.

CONNECT TO THE CHAPARRAL COMMUNITY ASSOCIATION:

- Follow us on twitter @chaparralca
- Find us on Facebook @ chaparralca

Chaparral Community Association's
9th Annual Festival of Lights Parade

Recognizing community spirit and celebrating the season, the Festival of Lights is returning for the 9th year this December. Nominate yourself or nominate a neighbour (or both) we want to see as many homes as possible.

Visit our Facebook page @ChaparralCA or email us at ask@chaparralcommunity.com to nominate TODAY, nominations close Sunday, December 10th.

The CCA will be awarding gift certificates from local businesses to:

- **Community Choice:** the home with the most nominations
- **Judges Choice:** Four homes from areas including Lake, Ridge and Valley
- **Participation:** Random draws from the pool of all nominated homes

Parade of Lights Celebration Evening Thursday December 14th 5:30-7:00 PM

ATB Financial in Walden is proud to sponsor an evening celebrating all the entries in the Festival of Lights Parade. Stop by the ATB Branch in Walden on Thursday December 14th from 5:30-7:00pm for some hot chocolate, treats and pick up the CCA's community map of Parade entries and judge's choices. Take yourself on a self-guided tour of the community while enjoying the sights of the season.



Established Family Practice clinic now welcoming new patients.

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Walk-ins Welcome!



Mon - Thurs 8 am - 7pm | Fridays 8 am - 4pm

#2110, 1800 - 194th Ave SE

At corner of 194th Avenue & Chaparral Boulevard
 Entrance to clinic on 194th Avenue

Gifts For The Gardener

December can be a stressful month when trying to find the perfect gifts for the people we care about. To help, we have come up with some gifts that we think might be the perfect thing for the gardeners on your list - things we either already own or wish we did. Many of these products come from Lee Valley Tools and are likely available elsewhere online, but to be honest we like Lee Valley Tools!

Wall planter

I love wall planters and recently replaced my old planter, which could not hold enough dirt and got too dry, with a larger basket system that I bought last spring at the Spruce Meadows Garden Show. I looked online for a similar item and found a new product at Ikea that would make the perfect gift for an indoor gardener, the DILL-BLAD two-pocket wall planter. The whole unit is about 24" wide and 5 1/2" in length and has multiple pockets that can be attached to make one longer piece. \$3 from Ikea

Upside down planter

Another unique way to display small plants, or even grow a few fresh herbs year-round, is using an upside-down planter. Watering is easy through a port in the top - the terra cotta reservoir inside allows water to seep as needed to maintain optimum soil moisture, while the screen and locking ring prevents plants from falling through when upside down. Many images online show orchids or herbs, but almost any plant will adjust to hanging life. \$11.50 from Lee Valley Tools

Hanging planter

If upside down is not your thing, but you would still like to hang your plants, Ikea has some other options for hanging planters. The BITTERGURKA allows for larger or multiple plants, can be hooked together for multiple layers, and holds small plant pots to allow you to easily move plants around. \$17 from Ikea

Solitary pollen bee nest

While solitary bees are important for plant pollination, their numbers are declining due to a loss of suitable nesting locations. This nest provides a safe place to



lay their eggs, helping to boost the local population of these beneficial, nonaggressive bees. \$24.50 from Lee Valley Tools. (Nests may also be available from Chinook Honey in Okotoks, where you can grab some honey stocking stuffers at the same time!)

Hori Hori knife

A cross between a knife and a trowel, this tool is useful for many tasks, such as dividing perennials or planting. Traditionally used in Japan to collect specimens for bonsai (hori means "digging"), the knife has a rust-resistant steel blade, with a serrated edge on one side and a sharpened edge on the other. This is a weeding favourite when tackling quack grass or long rooted weeds. \$35 from Lee Valley Tools

Gardening journal

Everyone enjoys the pleasures of harvest, but the careful planning of the garden, and the satisfaction of watching each plant progress, are special joys savored by the gardener alone. The Journal offered by Lee Valley is special because in the diary section there is one page for each day of the year and each page is divided into 10 sections - more than enough for 10 years of personal jottings. In addition to the diary pages, there is also a section on gardening techniques, including composting, digging garden beds, tree care, soils, and garden tool maintenance. \$40 from Lee Valley Tools

Seed keeper

Most of us keep a collection of used seed packages scattered all over the house or stuffed in a box or big envelope. (After all, who can bear to throw out perfectly good seeds even if they are 5 years old?) A seed keeper is the ultimate seed saving device; neatly contained in an attractive binder that fits on a bookshelf with unique plastic sleeves to keep moisture out. All the information ever needed about saving seeds is included. \$50 from Lee Valley Tools

Indoor watering system

Ideal for the absentee plant owner, this watering sys-

tem keeps up to 20 plants watered for up to 40 days, powered by a single 9V battery. This system includes a 24l durable plastic reservoir, 10m of hose, and enough spikes and drippers to accommodate 20 individual plants. More than one emitter can be used for plants with greater watering requirements. \$150 from Lee Valley

Gift cards

Finally, when in doubt, gift cards to a greenhouse or somewhere like Lee Valley Tools are always a great fallback and can fit in any budget. Large garden supply stores like Spruce It Up or Green Gate are sure to inspire!

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.



Mikayla	18	Tessa	12
Gracie	16	Kiera	11
Keana	14	Avalin	12
Tess	13	Roma	14
Emily	13	Ashley	12
Alisha	13	Brandon	14
Sarah	13	Lauren	13
Alia	13	Kelsey	13
Dominic	13	Maya	11

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 editor@chaparralcommunity.com

Devotion Danceworks

**REGISTER TODAY!
WINTER 2018**

12 week session
Classes begin January 15, 2018

.....

Tiny Toes Princess Ballet
Jazz/Tap/Ballet - Kinder Yoga
Ballet/Jazz - Jazz/Tap
Hip Hop - Musical Theatre

.....

www.devotiondanceworks.com
elizabeth@devotiondanceworks.com
225 Chaparral Drive SE

THE "W" IN CHRISTMAS

Better than mere words can express; the peaceful, soothing strains of "Silent Night" convey the wonderful magic of Christmas, the warm feelings of family and friends and the thoughtfulness of the Festive Season to us all. With the rush of events in our busy lives, we tend to neglect the importance of friends, both old and new during the year. However, one of the great pleasures of the Christmas season is the opportunity to exchange greetings with those whose friendships and good will mean so much to us. Teachers and parents are also very busy at this time of year with Christmas concerts and all the school activities that are necessary before the holidays. Following is a neat story from an unknown parent, which I thought was very appropriate.

"Each December, I vowed to make Christmas a calm and peaceful experience. I had cut back on nonessential obligations – extensive card writing, endless baking, decorating and even overspending. Yet still, I found myself exhausted, unable to appreciate the precious family moments and of course, the true meaning of Christmas. My son, Nicholas, was in kindergarten that year. It was an exciting season for a five year old. For weeks, he'd been memorizing songs for his school's Winter Pageant. I didn't have the heart to tell him I'd be working the night of the production. Unwilling to miss his shining moment, I spoke with his teacher. She assured me there'd be a dress rehearsal the morning of the presentation. All parents unable to attend that evening were welcome to come then. Fortunately, Nicholas seemed happy with the compromise.

So, the morning of the dress rehearsal, I filed in ten minutes early, found a spot on the cafeteria floor and sat down. Around the room, I saw several other parents quietly scampering to their seats. As I waited, the students were led into the room. Each class, accompanied by their teacher, sat cross-legged on the floor. Then, each group, one by one rose to perform their songs of reindeer, Santa Claus, snowflakes and good cheer. Because the public school system had long stopped referring to the holidays as Christmas, I was slightly taken back by the bold title of my son's class and their song - "Christmas Love". Nicholas was aglow, as were all of his classmates, adorned in fuzzy mittens, red sweaters and bright snow caps on their heads. Those in the front row-center stage - held up large letters, one by one, to spell out the title song. As the class would sing "C" is for Christmas, a child would hold up the letter "C". Then, "H" is for Happy, and on and on, until each child holding up his portion had presented the complete message, "Christmas Love". The performance was going smoothly, until suddenly, we noticed her: a small, quiet girl in the front row holding the letter "M" upside down – totally unaware her letter "M" appeared as a "W". The audience of 1st graders through 6th graders snickered at this little one's mistake. But she had no idea they were laughing at her, so she stood tall, proudly holding her "W". Although many teachers tried to shush the children, the laughter continued until the last letter was raised, and we all saw it together. A hush came over the audience and eyes began to widen. In that instant, we understood the reason we were there, why we celebrated the holiday in the first place, why even in the chaos, there was a purpose for our festivities. For when the last letter was held high, the message read loud and clear: "CHRISTMAS LOVE" And I believe, He still is." - Author Unknown

In closing, I wish you love and best wishes for a wonderful Christmas with family and friends. May you be blessed with a season of joy, peace and love. Thanks for being a part of this wonderful community we call Chaparral.

Lawrence King, Director of Education



SUNDANCE ANIMAL HOSPITAL

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www.sundanceanimalhospital.com Tues 8-8 Sat 9-1
Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic



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 Amy Nogas at editor@chaparralcommunity.com.



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Park Hours:
9:00 am 10:00 pm daily
403-254-4148
office@lakechap.ca
www.lakechap.ca

December Hours of Operation:
Monday to Sunday – 9:00 am to 10:00 pm
(Weather Permitting)
December 24 – 9:00 am to 7:00 pm
December 25 – 12:00 pm to 6:00 pm
December 31 – 9:00 am to 8:00 pm

Lost Children:
Due to an increase in lost children at our recent events, we advise the parents and caregivers of Lake Chaparral to please keep a consistent eye on your children when they are in your care. Remember, it is easy to lose sight of them, especially when the park is busy. We want these events to be fun for everyone and when they are put on pause due to a lost child report, it causes a lot of stress and confusion for staff, residents and guests.

Membership Cards:
With our new system, you must have your membership card to access the facility. If you have lost your lake card, please come in to get a new one; there is a \$5 charge for a new card that is less than 3 years old.

Skate with Santa:
Come join us on December 16th, 2017 from 6:00 pm

to 8:00 pm to skate with Santa. We will be offering hot chocolate and treat bags. Bring the kids down for a fun evening with Santa. Please ensure that you and your children are equipped with appropriate safety gear when skating.

Family Skate:
Come celebrate the New Year with your family at our Family Skate from 1:00 pm to 3:00 pm on January 1, 2018.

Facebook:
Please feel free to follow us on Facebook- Chaparral Residents Association or Lake Chaparral. This is the 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
Senior Games
Monday's 12-3pm
Attention all seniors! Come out to socialize with your

neighbours and friends, play games and enjoy coffee at the lake house. Cost: \$1.00/person drop-in

Walking Club
Tuesday's and Thursday's 10am-12pm
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

WINTER PROGRAMS
Devotion Danceworks
Fall Classes: Monday through Friday (times vary)
September 18th - December 12th, 2017
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
December 1st, 2017 to December 29th, 2017
Friday's from 5-7pm
Young Rembrandts teaches drawing to children aged 3 ½ to 12 years. We intentionally offer child-friendly and relevant subject matter to spark children's interest and increase knowledge retention. Our classes are fun, engaging and affordable. Watch your child reach a brand new level of confidence and potential with this engaging, award-winning program. Our unique, proven method and step-by-step curriculum dispels the myth that art is a talent a child has or doesn't have, and demonstrates that art can be learned by all children. Phone us at 403-457-DRAW (3729), check out our website: www.youngrembrandts.com/southernalberta or email: Calgary@youngrembrandts.com

251st Chaparral Scouts
Tuesday's 6:30-9:00pm
Wednesday's 6:30-9:00pm
September 2017- April 2018
Beaver Scouts (age 5-7) and Scouts (age 11-14)

Please visit www.scouts.ca for more information.

Zumba Fitness
Monday's 7-8pm
Please note that there will be no Zumba on December 25th, 2017.
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

Musical Discoveries
Tuesday's 1-2pm
Friday's 9:15-12pm
Starting September 8th, 2017
Let your children aged 6 months to 5 years develop and learn about music. This class will help develop sensory skills while having a lot of fun doing it. Aged 6 months – 3 years with a caregiver; aged 3 – 5 years unparented. For more information please contact Skye McNeill with Skye's School of Music & Musical Discoveries at 403-619-7063 or online at www.skyesschoolofmusic.com and www.musicaldiscoveries.ca

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FRIENDS of Fish Creek

December in Fish Creek

12 Week Winter Birding Course Starts Monday, January 8, 2018

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conducts these outings as a fundraiser for the Friends of Fish Creek. Registration Required. \$60 for Friends members and \$100 for non-members. \$5 for a youth 16 or younger with a registered adult. To register or for course times, please visit www.friendsoffishcreek.org/programs/birding-course.

25th Anniversary Legacy Brick Pathway

2017 sees us celebrate the 25th anniversary of the founding of the Friends of Fish Creek, and we will be replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors. This is a great opportunity to leave a legacy in the park for a loved one or to show support for the work the Friends do toward the sustainability and enjoyment of Fish Creek Provincial Park. There less than 160 bricks available. Get yours today! For more information visit www.friendsoffishcreek.org/brick.

ReWilding Through Restoration

ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek Provincial Park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty.

- ReWilding Through Restoration involves actions like the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity.
- ReWilding Through Restoration serves to accelerate the natural processes along the creek, positively influencing the overall watershed health as vegetation quickly begins to grow and balance the system.
- Friends of Fish Creek volunteers take part in the planting, maintenance and monitoring of the ReWilding Through Restoration sites until the sites are fully established.
- ReWilding Through Restoration is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment to make it happen.

Together, ReWilding is possible! For more information and to support ReWilding Through Restoration, visit www.friendsoffishcreek.org/rewild.

Park Protectors Needed!

The Park Protector automatic donation program may suit your busy lifestyle, as there is no need to renew annually. A steady, reliable source of funding will enable the Friends to continue with ongoing fieldwork, raising awareness about the park, and organizing and participating at community outreach activities. As a Park Protector, you never have to worry about keeping your donations up to date and you will get just one tax receipt a year.

Why Become a Park Protector?

- Because monthly donations are one of the best ways to support the Friends of Fish Creek!
- It is flexible! You can increase or decrease your support, put it on hold for a few months or cancel at any time!
- You will receive monthly updates on Friends activities, so you know how your donations are being used!

Our mission is to engage the community through education and awareness to conserve a truly unique naturalized urban park. For more info visit www.friendsoffishcreek.org/park-protector-signup.



Chaparral Real Estate Update

Last 12 Months Chaparral MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2017	\$499,444	\$486,000
September 2017	\$474,900	\$462,500
August 2017	\$459,900	\$455,000
July 2017	\$522,000	\$511,000
June 2017	\$524,900	\$512,500
May 2017	\$505,000	\$498,500
April 2017	\$472,450	\$463,750
March 2017	\$452,200	\$447,750
February 2017	\$469,950	\$452,000
January 2017	\$502,944	\$497,950
December 2016	\$527,000	\$512,250
November 2016	\$502,000	\$485,750

Last 12 Months Chaparral MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
October 2017	18	10
September 2017	25	13
August 2017	21	21
July 2017	30	20
June 2017	26	23
May 2017	26	18
April 2017	19	22
March 2017	24	18
February 2017	19	14
January 2017	22	12
December 2016	6	12
November 2016	11	10

To view more detailed information that comprise the above MLS averages please visit chaparral.great-news.ca



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Mon-Thur: 11:30am - 9:30pm
Friday: 11:30am - 10pm
Saturday: 2pm-10pm
Sunday: 2pm-9:30pm



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.

What your Community Association does for you...

• 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.



CHAPARRALCOMMUNITY.COM

**WEBSITE
IS UNDER
CONSTRUCTION**



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.

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

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

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Chaparral
COMMUNITY ASSOCIATION

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

Chaparral Community Association
2017 Family Membership Card
The _____ Family
CCA Membership Representative
Membership Expires _____
expires one (1) year from date 126

THE 2018 MOTORCYCLE SHOW BMO CENTRE, JANUARY 5 – 7

This event is the Canadian motorcycle and ATV industries' official showcase of all the new 2018 makes and models of motorcycles, ATVs, scooters and side-by-sides. It will feature the latest products, services and accessories direct from the manufacturers, and many additional attractions as well: SHE Rides, an extreme MX Freestyle Show, the Yamaha Riding Academy for kids ages 6 through 12, a large number of retailers, riding clubs and associations, informational displays, charity rides, celebrity racers and prize giveaways. More info: calgarymotorcycleshow.ca.



INSTRUMENTAL SOCIETY OF CALGARY PRESENTS CANADIAN IMAGES – ST. STEPHEN'S ANGLICAN CHURCH, JANUARY 21

Ensemble Resonance is Calgary's oldest professional chamber ensemble. Specializing in Canadian repertoire, the ensemble is dedicated to performing works which integrate acoustic and electroacoustic music with multimedia elements. The group recently performed the programme in New York's famed Carnegie Hall and it features works with a local connection including Roberta Stephen's Pisk and Allan Gordon Bell's A Great Arch Softening the Mountains. More info: instrumentalsociety.ca.



VIEW FROM ABOVE WITH ASTRONAUT TERRY VIRTS. JACK SINGER CONCERT HALL, JANUARY 21 & 22

Sometimes, a little distance is all you need to see things in a brand-new way. For astronaut Terry Virts, his newfound perspective was from the International Space Station (ISS), where he installed the Cupola module, granting an unprecedented 360-degree view from the station. When he later became the commander of the ISS, he made good use of the Cupola, taking more photographs than any astronaut who came before him. Learn about Virts' time in the cosmos from the man himself, and the perspective on earth that this experience provided him. More info: artscommons.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Functional English Conversation Classes – Genesis Centre, Jan 3

The Functional English Conversation Classes Project addresses the basic language needs of newcomers in navigating the Canadian society. These free classes focus on listening and speaking and help newcomers practice English conversation in an informal setting, as well as focussing on practical life skills and tools required to successfully integrate in Canada. Open to 18+ permanent residents only. More info, call Sonia Sehgal at 403-999-9642.

Training for Increased Performance, Bow Cycle Seminars – Bow Cycle & Sports, Jan. 11

Training for endurance sports seems easy enough—ride more, swim more or run more. Concepts such as crash training, polarized training, block periodization, fast-ing sessions and nutritional periodization have been researched as new methods for endurance athletes and coaches to integrate into their programs for stimulating adaptations and breaking training monotony. Learn more about these advances in training methods at this free event. The speaker is Jack VanDyk, MKIN, 3433 Sport Performance. More info: bowcycle.com.

I Am Light, Youth Justice Conference – Encompass Partnerships, Jan. 13

CHILL is hosting a one-day youth conference to educate, equip, and empower students in grades 7 to 12 on the topic of injustice, with a special focus on sexual exploitation. Come and meet new friends, learn about the subject and about how Calgary is working to support those being impacted, and how you can be involved in stopping injustice in your city. More info: eventbrite.ca/e/i-am-light-youth-justice-conference-tickets-35792966727.

Empire of the Son – Alberta Theatre Projects, Jan. 16 – 28
Presented as part of the High Performance Rodeo, Empire of the Son is a funny and poignant autobiographical one-man show by former CBC broadcaster Tetsuro Shigematsu about his rocky relationship with his emotionally reserved father. Through visually striking live, cinematic vignettes, Shigematsu re-enacts moments from his father's incredible personal history, from the ashes of Hiroshima to swinging 1960's London. More info: atplive.com/whats-on/empire-of-the-son/.



CALGARY PUBLIC LIBRARY

Early Learning Centre opens at Forest Lawn Library

There's a new place for children five and under to play and learn! Come explore all things energy at The Calgary Foundation Early Learning Centre at Forest Lawn Library. There's now nine free Early Learning Centres open at libraries across Calgary. Discover where to play at calgarylibrary.ca/early-learning-centres.

Try a new app for ebooks and audiobooks

Calgary Public Library members have a new way to read ebooks and listen to audiobooks. Libby, a one-tap app from OverDrive, is designed to get people reading quickly and seamlessly. Download Libby today and use your free Calgary Public Library card to discover Libby's extensive digital library. Happy reading!

Discover free programs and services for newcomers

Did you know Calgary Public Library offers a variety of free programs and services for newcomers? Practise your English speaking and listening skills at ESL Coffee and Conversation, meet one-on-one with a settlement worker at Settlement Services, or take a class to prepare for the citizenship test. For details on more than a dozen programs for newcomers, visit calgarylibrary.ca, click programs, and search by subject.

Leave your mark on New Central Library

The Calgary Public Library Foundation is offering a once-in-a-lifetime chance to be part of New Central Library. Join the Windows of Opportunity campaign and support the Library! Purchase a group or personal window and your name or a message will be inscribed on the window's frame. Learn more at mylibrarywindow.ca.



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Going on a Christmas Holiday?

A message from the Building Safe Communities Program

The Christmas Holidays can be a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock. Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the sidewalk and steps are cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more resources, check out the Federation of Calgary Communities website at calgarycommunities.com under the Building Safe Communities menu tab.

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 Farah, under the direction of a volunteer Board of Directors.

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

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Happy Holidays, Calgary!

It is hard to believe it is already December and another year is coming to a close. At Calgary Humane Society, we wanted to take a moment to wish all of you a safe, happy and healthy holiday season and say THANK YOU for another amazing year. Thanks to the generosity of our incredible Calgary community thousands of animals are enjoying their first holiday in their new forever home.

For those of you with animals in your life, here are some tips to ensure your holiday season is safe and happy for both two-legged and four-legged family members!

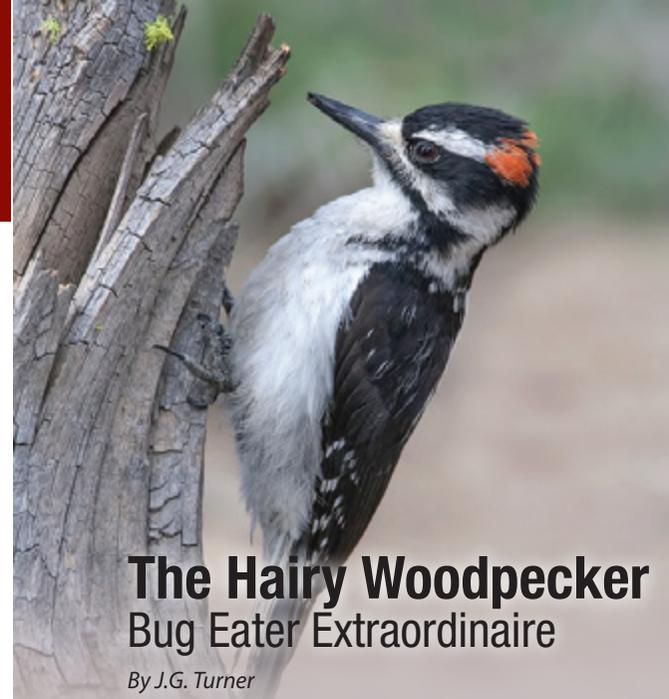
- 1. Choose pet-friendly decorations!** When choosing decorations, look for plastic or non-breakable items. Keep small items, tinsel and long strings far out of reach of pets as these items are choking haz-

ards. Some holiday plants (mistletoe, poinsettias) can be toxic if eaten so fake foliage could be a better option if your pet likes to chew on the plants.

- 2. Create a festive treat plan for friends and family.** During the holiday season many friends and family will want to share a special treat with your pet. Planning in advance to have "approved" pet treats available, or putting aside a small amount of the human food your pet is allowed to eat (turkey, sweet potato etc.) for guests to give your pet is a great way to prevent overfeeding during the holiday season.
- 3. Include your pet in on holiday memory making!** With the winter holidays in full swing the winter season is a perfect time to make memories with your pet. Creating fun paw-print ornaments or setting up a festive photoshoot in your living room is a fun way to include your pet in the holiday season.
- 4. Head out to see the lights!** If a mild night is in the forecast, consider bundling up the family and taking Fido for a walk to see the Christmas lights in your neighbourhood. Don't forget paw protectors and a jacket for your pet if they need one!
- 5. Add some pet-friendly snacks to your holiday baking routine.** If you love making cookies to share during the holidays, consider adding a pet treat recipe to your baking plans. Pet treats are a great starter recipe for kids to make (most are easy to make and fun to customize with pet-friendly flavours, like cheese or apple) and a fun way to make sure all of the special animals in your life are included in the holiday celebrations.

Looking for more ways to celebrate the holiday season with four-legged friends? Come down to the shelter and check out our Christmas Party for the Animals! We will have plenty of fun activities. For more information on holiday safety or DIY gift ideas for your favorite pet, follow us on Facebook and visit www.calgaryhumane.ca.

From all of us at Calgary Humane Society, Happy Holidays!



The Hairy Woodpecker Bug Eater Extraordinaire

By J.G. Turner

The Hairy Woodpecker (*Picoides villosus*) is a year-round resident in Calgary. It is a medium sized woodpecker, with a very straight-backed posture suitable for clinging to tree trunks. The Hairy Woodpecker has a striped head, long straight bill for excavating holes in trees, and stiff long tail feathers for leaning against tree trunks. The Hairy Woodpecker is black and white: locally its wings are black checkered with white, it has a large white patch down the centre of its black back and two white stripes on its head (with the male having a red patch at the back of its head). These birds can be found in mature forests, treed suburban areas and parks, orchards, both coniferous and deciduous forests, and small woodlots all over Canada and the United States.

CALGARY WILDLIFE

Fun Facts:

- The Hairy Woodpecker can be found from sea-level to high mountainous zones, but have somewhat different looks in different regions.
- They are frequently found alongside the smaller Downy Woodpecker.
- They will follow behind the Pileated Woodpecker, cleaning out their holes of any food left behind by the larger bird.
- They sometimes drink the sap leaking from holes made by Sapsuckers (locally the Yellow-Bellied Sapsucker).
- Hairy Woodpeckers peck out a cavity nest hole in the dead stub of a living tree (especially if it has "heartrot") or in dead trees.
- They are great helpers in the battle against bugs that harm trees, as more than 75% of their diet is made up of insects, especially wood-boring beetles, bark beetles, ants and moth pupae in their cocoons. Bark beetles are especially destructive to large stands of trees as extensive infestations can number in the billions and destroy the trees. In orchards, Hairy Woodpeckers help control outbreaks of moths. In burned out trees, wood-boring beetles often are found in large numbers, making for great feeding and nesting space for Hairy Woodpeckers.
- Hairy Woodpeckers are common visitors at backyard feeders, eating suet and sunflower seeds.
- Although they are still very widespread, they have declined in numbers in many areas. Loss of nesting sites is one problem.

If you find an injured or orphaned wild bird or animal in distress, please call the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of indoor air quality and medical grade duct cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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STILL LOOKING FOR THE PERFECT GIFT? It's not too late, KEEP Collective ships directly to you within 4-7 days and offers endless options that are great for family, friends, kids, pets, grandparents, staff, hair dressers, doctors, vets, etc. Last minute shopping at keepcollective.com/with/katrinajackle or 403-826-4086.

LULU'S GROOMING: 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 on Facebook.

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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.

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.

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.

TOP TURF: Provides seasonal yard maintenance. Snow removal, driveway plowing. Fall/spring clean-up, lawn cut and trim, power raking, aeration, and pressure washing. We deliver soil, mulch, and rocks, and can install on top of industrial fabric for no weed growth. Call Braeden at 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 renos, basements developed and upgraded, to fences, decks, and sidewalks. References available. Contact our team of professionals. Wendell at 403-613-6807.



BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 31



South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. Full program information can be viewed in the Fall Program Guide. Our new winter 2018 program guide is now available! Registration information and program guides can be found at www.ahs.ca/shcwellness or call 403-956-3939.

December Programs South Health Campus YMCA

Did you know that YMCA Calgary operates fitness facilities at South Health Campus? For more information call 403-956-3900.

EMOTIONAL WELL BEING:

Meditation Drop-in

Every Tuesday 5:00-5:45pm (last session Dec 19)

Drumming Up Wellness

Every Friday 1:30-2:30pm (last session Dec 22)

Grief Support: Managing the Holidays in a Time of Grief

December 4 6:00-8:00pm

HeartMath®

December 7 1:00-3:30pm

Mindfulness Practice Sessions

December 8 12:15-1:15pm or
December 14 6:30-7:45pm

HEALTH MANAGEMENT

Heart Healthy Cooking & Living

December 7 2:00-3:00pm

Cooking in New Ways: Adapted Kitchen Devices for People with Neurological Conditions

December 13 1:30-3:30pm

Eating Well with Fatty Liver Disease

December 18 1:00-3:30pm

Living Well on Prednisone: Nutrition & Side Effects

December 19 10:00am-12:00pm

CAREGIVER / FAMILY SUPPORT & SUPPORT GROUPS

Caregiver Stress: Tips to Recognize and Manage Stress while Caring for Your Senior

December 6 10:00-11:30am

Family Peer Support Group

December 12 5:45-8:00pm

SupportWorks

Wednesdays 6:00-8:00pm

Alcoholics Anonymous

Wednesdays 8:00-9:00pm

Narcotics Anonymous

Thursdays: 8:15-9:15pm

Saturdays: 6:30-8:00pm

Sundays: 7:00-8:00pm

Smart Recovery:

Sundays: 3:00-4:30pm

PARENTS/PARENTS TO BE Marijuana & the Teenage Brain: What Parents Need to Know as Canada is Moving Towards Legalization

December 6 6:30-8:30pm

Healthy Eating for Pregnancy

December 13 6:30-8:30pm

Feeding Your Baby

December 14 9:30-11:30am

Story Time & Play Date

December 15 10:00-11:30am

FOOD, NUTRITION & COOKING The Truth About What Works in Weight Management

December 4 1:00-3:30pm

The Top 5 Tips to Reduce Calories

December 11 1:30-3:30pm

Dietitians in the Kitchen Demo: Deck Your Plate with Lots of Colour

December 14 12:00-12:30pm

Drop-in!

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 Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!

SCHOOL SHOUT-OUTS

Sundance Elementary School

Where has the time gone? We're entering the last month of 2017! Everyone at Sundance School would like to take this opportunity to wish you all a safe and joyous holiday season!

December 8th is a non-instructional day (no school for students).

We will be having our first Sundog Snack of the year on Tuesday December 5th. Students will be enjoying kernels popcorn. Kindergarten students can also partake in Sundog Snacks. You can log on to www.healthyhunger.ca now to order the December snack, or, if you would prefer, to order all available snacks and lunches for the year.

The students and staff have been working very hard to bring you the ever-popular Christmas Concert on December 14th. There will be performances during the day at 1pm and two separate concerts in the evening between 6-8pm. More information as to what time your class will be performing in the evening will follow in the school newsletter.

Thursday December 21st is the last day of classes before Winter Break. This will be a regular school day ending at 2:30pm. December 22nd is a non-instructional day. School is then closed for the holiday break with classes resuming Monday January 8th, 2018.

St. Teresa of Calcutta School

As we enter into December it is hard to believe that four months have already passed. In October and November, students enjoyed a presentation by Earth Rangers about animal conservation, a presentation by Kananaskis in the Classroom about animal adaptations and we were excited to begin our BOKS program for students in Div. I.

BOKS (Build Our Kids Success) is a before school fitness program designed to set students up for learning. Research shows that students who are involved in physical activity before school tend to be able to concentrate and focus on their school day with more success. With over 50 students registered we are excited to offer this opportunity to our students.

As we prepare for the celebration of our savior's birth, students at St. Teresa are looking forward to celebrating Las Posadas. Las Posadas, a celebration of the nativity, is a yearly tradition for many Catholic Mexican families symbolizing the hardship Mary and Joseph endured before finding

a place to stay where Jesus could be born. It is based on the passage in the New Testament the Gospel of Luke (2:1-9). Students will travel with their homeroom classes to a series of Nativity scenes brought in by staff members of our school. A short reflection time will be spent with each Nativity scene before moving in a procession to the next classroom with song and a reading from the scriptures. Las Posadas will take place on Mission Mexico Day. Mission Mexico is an outreach project with the goal of providing funding for housing, health, education and human rights projects to support one of the poorest regions in the state of Guerrero Mexico. Thank you to our students and families for their continued support of our social justice projects.

In December we also look forward to celebrating our French language learning with a Christmas celebration of song. Students from kindergarten to grade 6 will have an opportunity to share the gift of language to bring joy to the festive season.

At St. Teresa of Calcutta, we are blessed with wonderfully supportive parents as well as a truly dedicated staff all working together to make the best possible educational experience for our children.

On behalf of all the staff and students at St. Teresa of Calcutta French Immersion School, we would like to wish everyone a joyous and blessed Christmas.

BRAIN GAMES SUDOKU

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MLA, Calgary-South East
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 ✉ Calgary.southeast@assembly.ab.ca
 📱 RickFraserYYCSE 📷 rickfrasermla
 📺 RickFraserYYC

In the month of October, we met with student council members and some students from Copperfield, New Brighton, and Prince of Peace Auburn Bay schools to put together a video about school playground funding. We hope this video catches the attention of Minister Eggen and assist these schools in obtaining playgrounds for their students to enjoy.

Last month we also began meetings with stakeholders in regard to changing the Animal Protection Act. Various animal rescue groups, veterinarians, animal protection officers and individual stakeholders from all over Alberta participated in these meetings and by providing feedback. We will present our feedback to the Minister of Agriculture once this work is complete, and continue to advocate for these changes. More information is available on my Facebook page, via the linked group Alberta Animal Protection Act. If you'd like to join, please send a request and we will add you.

Events and congratulations:

- We visited the Auburn Bay dog park, met dog owners and handed out treats and coffee (Thanks Bone and Biscuit and Second Cup Mahogany for participating in this event)
- Sunset in the GOA at St. Albert the Great Church
- SOS Children's Villages Calgary Leadership Luncheon
- Group of Seven Aunt and Uncles Day at All Seniors Care Auburn Bay
- Auburn Bay CCSD Sod Turning Ceremony
- Calgary Food Bank Tour
- TD Mahogany Grand Opening
- Handed out candy at the Mahogany Halloween Howler
- Handed out candy at the Cranston Halloween party

Did you know?

- Our office presents congratulatory scrolls for anniversaries and birthdays. Birthday scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals. Anniversary scrolls are available to constituents celebrating their 25+ anniversary, in five-year intervals.
- I will visit your child's school and speak about the role of an MLA, government, and answer students questions.
- Our office provides free notary service to constituents. Please call to book an appointment.
- I am available to attend constituency events. Please contact my office to schedule.

If you have any questions, concerns or are in need of assistance, please contact my office at 403-215-8930 or calgary.southeast@assembly.ab.ca.

SAFE & SOUND

Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



Councillor, Ward 14
Peter Demong
 🌐 www.calgary.ca/ward14
 ✉ eaward14@calgary.ca or
 ☎ 403-268-1653

Season's greetings, Ward 14! This is my first column since the election, and I have been waiting for the opportunity. That's because I owe you some gratitude. This beautiful Ward—and its amazing people—have supported me practically all of my life. Thank you sincerely for the vote of confidence!

...But I know your trust should not be taken for granted. Those with experience know the campaign trail is only the beginning, and this Council has a heavy work load ahead.

To start we will need to agree on the City's budget between the time that I write this, and the time that you read it. That's less than a month.

Fentanyl is a major problem, and Calgary is no exception. We will need to equip Police to handle that situation, and we will also need to re-work many of our bylaws to fit with the legalization of marijuana. We will be on our toes to deal with the changes in governance that the Province hands us. That will mean changes to the MGA, or even a City Charter.

Will there be a new arena in Calgary? Will the City have a role in it? Will there be an Olympic bid for 2026? Or 2030? Or at all? Those questions will be answered in the next four years.

You can also add getting to know McKenzie Lake and Douglasdale in detail to my list of to-dos...

...but I look forward to it! I welcome them to Ward 14! You can always contact me on calgary.ca/ward14, by sending an email to eaward14@calgary.ca, or by calling 403-268-1653.

Have a Merry Christmas, Happy Holiday, and joyful New Year!

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

FOUND: Drone. Phone Sharon at 403-477-6702.



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!

Our next session will run from January 10th to March 21st. Registration is preferred, but drop in is available, babysitting provided. Please contact Lori at McDougall United Church 403-252-1620.

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