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
Rockview 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  311
Weather Information  511
Gamblers Anonymous  403-237-0654
The Chaparral Community Association is thrilled to inform you that we have been selected by the City of Calgary to participate in the This Is My Neighbourhood (TIMN) program.

The City of Calgary created TIMN to fully engage residents in the development of a clear, compelling community vision that will help guide the delivery of City programs, services and small-scale infrastructure improvements within participating neighbourhoods. TIMN gives residents a voice and encourages us to take an active role in shaping the future of our neighbourhood.

TIMN began in 2015-2016 with a group of 14 inaugural communities. As part of the TIMN program, The City partnered with the first group of neighbourhoods to deliver more than 100 programs, services and small-scale improvement projects that residents requested.

Chaparral has been selected to bring TIMN to our community in 2017-2018 and in February/March, as a first step, we will be forming an ad hoc committee in order to have a strong neighbourhood approach to TIMN. This ad hoc committee should include many neighbourhood representatives, such as social and recreation clubs, local businesses, local schools, and more. This committee will be integral to help implement the program and initiatives and we are looking for volunteers and or nominees to join us.

Please contact me today if you are interested in volunteering, nominating a volunteer or just more information. president@chaparralcommunity.com

The strength of the program relies on YOU!
CCA 2016/2017 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
February 14th
March 14th
April 11th
May 9th AGM
June 13th

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

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.

Babysitting lists 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.

EVENTS:
Community Clean-up coordinator: The CCA has applied to host a City of Calgary community clean-up day for Sunday June 18th and is in need of both coordinators and volunteers in order to make it happen.

Speaker Series coordinator: The CCA is hosting a speaker series program in 2017. The first few topics are already in the queue but we are seeking a volunteer who would like to continue to seek new speakers/topics.

Block Party coordinator: In celebration of Canada’s 150th birthday the CCA would like to sponsor neighbourhood block parties. If you are interested in helping us get this off the ground please contact us.

If you are interested in more information for any of these positions or have an idea of your own contact Lynette at president@chaparralcommunity.com

LITTLE FREE LIBRARY
Take a Book Leave a Book – Chaparral’s Little Free Libraries
The concept is simple: you leave a book or two that you don’t need any more and then borrow books that your neighbours have left. It’s a great way to not only encourage reading but to also get them out and about in the neighbourhood. Check one out.
92 Chaparral Drive SE
96 Chaparral Drive SE
225 Chaparral Drive SE (inside Lake Chaparral building)

If you have a little free library and would like to share the location with the community please contact editor@chaparralcommunity.com

CONNECT TO THE CHAPARRAL COMMUNITY ASSOCIATION:

Join our email list by subscribing at chaparralcommunity.com
Follow us on twitter @chaparralca
Find us on Facebook @ chaparral.ca
Visit our website at chaparralcommunity.com

Great Photos of Chaparral Wanted!

High resolution, seasonal, and community/lake related photos would be greatly appreciated and will be considered for our cover, and inside our community publication. Please submit your photos to Lynette at editor@chaparralcommunity.com.
Garden Planning Tips Part 2: Seeds and Bulbs

Gardening can be expensive. If you are planning your yard and want to fill the space with mature plants it can cost a lot. However, if you are patient, many plants can be started from seed at a fraction of the cost of buying a more mature plant. Of course, if you are planting perennials from seed, you have to be prepared to start them indoors, and accept that many will not bloom until the second, third, or even fourth season depending on the plant, but think of the bond you will have with those plants once they reach their glory!

If you are going to go with seeds, plan accordingly. If you can afford it, purchase a few larger mature plants to create a framework, be sure to mix in annuals with your perennials to provide quick colour while you wait, and create a framework, be sure to mix in annuals with your perennials to provide quick colour while you wait, and do not have special needs are:

- Bellflower
- Blanketflower
- Campanion
- Candytuft
- Catmint
- Flax
- Shasta Daisy

Starting Seeds Indoors

To start seeds indoors you will need a few materials, space, warmth, and light. Many people start their seeds in special seedling flats that can be found in any garden department, but other containers can be used as long as they allow for drainage and can hold 2 inches of growing medium. Containers can be reused from year to year but need to be cleaned well before reusing. I have seen people use toilet paper rolls that have been cut in half or thirds and then stuffed to create a little bio degradable pot. This method would make for easy transplanting outdoors, especially for seedlings with tender roots that don’t really like being transplanted. Larger pots can be made from newspaper or you could purchase peat pots.

For your growing medium do not use garden soil as it will become hard, inhibiting the rooting of the seedling and does not retain as much moisture as other media. Either buy a special potting mix or combine peat moss and perlite or vermiculite, with a little bone meal to act as fertilizer.

Once you are ready, most seeds should be planted no deeper than the thickness of the seeds themselves, but consult the back of the seed pack to be sure. Water enough to fully wet the soil but make sure the seeds are not sitting in water as they may simply rot instead of germinate. After that keep an eye on your seedlings to ensure the soil doesn’t dry out ever.

During the initial germination your seeds do not need light, just moisture and a little heat. If you can cover your seeds do, this will help to keep the moisture in and if possible place them in a warm spot or use a warming pad to help speed up the germination. If you are covering the plants allow a little ventilation.

Once the seeds the seedlings have emerged be sure to remove the covers and move the containers to a place where the seedlings will get enough light, either from the sun or from a grow light. Depending on the depth of the container they are in and the spacing of the seeds, you may need to transplant the seedlings to something larger while they continue their indoor growth.

About two weeks before transplanting seedlings outdoors, begin the process called ‘hardening off ‘ or gradually getting them used to the outdoors. This minimizes transplanting shock and after all the time and care you’ve invested, it’s worth the effort. Start by setting young plants outside in a shaded, protected area for a few hours a day during the afternoon. Bring them inside before the temps begin dropping in late afternoon, each day adding a bit more time outdoors. After a few days, let them sit in direct sunshine, gradually increasing their time in the sun each day. After a couple of weeks the seedlings should be ready to stay outside until transplanted into the garden. Check the forecast for possible risk of frost.

To reduce transplanting stress, pick a cloudy day or late afternoon. Direct sun may cause the plants to wilt at first but they should recover within a day or so. If you’re putting newspaper or peat pots directly into the ground, ease open the bottoms of the pots to allow the roots to start spreading quickly and trim back the tops to soil level. Finally, water the plant in well and then tend and enjoy your plants for the season!

Bulbs

The last budget tip I will mention is to remember bulbs. I wrote an article about bulbs last fall so I won’t go into a lot of detail, but bulbs are a valuable budget tip that is worth mentioning. They are a little more expensive than seeds, but still relatively inexpensive and you will generally have blooms that season.

Astilbe
- Bleeding Hearts
- Clematis
- Coneflower
- Cranebill
- Daffodil
- Elephant’s ears
- Globe Thistle
- Globeflower

Hosta
- Iris (Siberian)
- Liatris
- Lily-of-the-Valley
- Ostrich Fern
- Painted Daisy
- Phlox
- Solomon’s Seal

Roots and bulbs to plant in the spring are: Hopefully this has given you a few ideas for your yard, whether you are starting with a blank canvas, or adding to and existing design. Next month we will look at the water needs of plants, focussing on varieties with low water needs.

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 http://www.chaparralgreenthumbs.ca/ or email us at chaparralgreenthumbs@gmail.com.
You don’t take clean drinking water for granted — and neither do we.

Calgarians put a higher priority on clean drinking water than any other Canadians... but you’re also more confident in the people and systems that deliver water to your taps.*

For Calgary’s city employees, your expectations spur us on to do even better.

As with all the services we provide, our commitment is to work in partnership with the City to deliver fresh, pure water for your home and family.

* According to the 2016 RBC Canadian Water Attitudes Survey

To view more detailed information that comprise the above MLS averages please visit chaparral.great-news.ca
Another Reminder: We are enforcing the no card no access rule at Lake Chaparral. Our new system no longer allows us to quickly access your address to "look you up". We need your card to allow you access. If you have lost your card please come into the office for a new one.

Thank You!
Thank you for joining us for our annual Family Skate on New Year's Day. It was a great time seeing you all and starting the New Year right.

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

Senior Programs
Senior Games
Monday’s 12-3pm
Attention all seniors! Come out to socialize with your neighbours and friends, play games and enjoy coffee at the lake house. Cost: $1.00/person drop-in

Walking Club
Tuesday’s and Thursday’s 10am-12pm
We meet outside the lake house (by the flags) around 10am to start our walk.

Our walks usually last 1 hour and then we meet inside the lake house for coffee and a visit.
Cost: $0.50/person drop-in
Did you know that 3 laps around the walking path = 2 Km

Winter Programs
Devotion Danceworks
Winter Classes: Monday through Friday (times vary)
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
Winter Classes
Friday’s from 4-7pm
Young Rembrandts teaches drawing to children aged 3 ½ to 12 years. We intentionally offer child-friendly and relevant subject matter to spark children’s interest and increase knowledge retention. Our classes are fun, engaging and affordable. Watch your child reach a brand new level of confidence and potential with this engaging, award-winning program. Our unique, proven method and step-by-step curriculum dispel the myth that art is a talent a child has or doesn’t have, and demonstrates that art can be learned by all children.
Check out our website: www.youngrembrandts.com/southernalberta
Email: Calgary@youngrembrandts.com
Phone: 403-367-DRAW (3729)
Winter classes to be announced. Contact the programs office for more information.

251st Chaparral Scouts
Tuesday’s 6:15-7:15pm
Wednesday’s 6:15-9:00pm
Beaver Scouts (age 5-7) and Scouts (age 11-14)
Winter classes to be announced. Contact the programs office for more information.

Kripalu Yoga Classes
Winter classes
Tuesday Mornings
Need to recharge, relax, restore; come to Restorative Yoga. Restorative yoga seeks to achieve physical, mental and emotional relaxation with the aid of props. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body, suitable for everyone. Very little movement - very gentle.

Wednesday Mornings
Kripalu yoga is a gentle introspective practice that focuses on the intertwining of breath and movement. For more information and to register please call Tanya at 403-805-6558 or email Tanyayogagirl@gmail.com

Gentle Yoga with Patty
Thursday’s 7-8pm and 8-9pm
To register and for more details please contact Patty Grant; 403-990-9026 or pgrant1@telus.net Find Patty on Facebook: Patty Grant-Yoga Therapy

Park Hours: 9:00 a.m. 10:00 p.m. daily
(403) 254-4148
office@lakechap.ca
www.lakechap.ca

Red Flag Reminder
Ice fishing and skating on the lake will only be permitted when management determines that the ice is safe for all residents and guests and the DANGER THIN ICE signs are removed. Check our website at lakechap.ca for current ice conditions, or observe the Flag Warning System posted at the lake/park. This is quickest way to keep up to date lake notices.

“Red Flag” – Water Front/Lake is Closed or Dangerous.
“Green Flag” – Water Front/Lake is Open for use.

New System!
Lake Chaparral has launched a new online payment and booking system. Members can now enjoy the convenience of paying encumbrance fees, booking cook shacks and function rooms from the comfort of home. This allows us to quickly access your address to “look you up”. We need your card to allow you access. If you have lost your card please come into the office for a new one.

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

Zumba Fitness
Mondays 7-8pm
Dance like no one else is watching!
Come dance to Latin Rhythms while you sweat! For more info or to register, contact Maya at maya.cerutti@gmail.com

Kripalu Yoga Classes
Winter classes
Tuesday Mornings
Need to recharge, relax, restore; come to Restorative Yoga. Restorative yoga seeks to achieve physical, mental and emotional relaxation with the aid of props. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body, suitable for everyone. Very little movement - very gentle.

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Thursday’s 7-8pm and 8-9pm
To register and for more details please contact Patty Grant; 403-990-9026 or pgrant1@telus.net Find Patty on Facebook: Patty Grant-Yoga Therapy
LEARNED:

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:
1) You can’t trust dogs to watch your food.
2) No matter how hard you try, you can’t baptize cats.
3) When your Mom is mad at your Dad, don’t let her brush your hair.
4) If your sister hits you, don’t hit her back. They always catch the second person.
5) You can’t hide a piece of Broccoli in a glass of milk.
6) Don’t sneeze when someone is cutting your hair.
7) Never ask your three year old brother to hold your candy.

8) The best place to be when you’re sad is Grandma’s lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:
1) Raising teenagers is like nailing Jell-O to a tree.
2) Wrinkles don’t hurt.
3) Middle age is when you choose your cereal for the fibre, not the toy.
4) Laughing is good exercise. It’s like jogging on the inside.
5) It’s frustrating to know all the answers but nobody bothers to ask you the questions.
6) Today’s mighty oak is just yesterday’s nut that held its ground.
7) You know you are getting old when your back goes out more than you do.
8) Wisdom comes with age, but sometimes age comes out more than you do.

SUCCESS:
At age 4 success is… Not piddling in your pants. At age 12 success is… Having friends. At age 17 success is… Having a driver’s license. At age 35 success is… Having money. At age 50 success is… Having good credit. At age 70 success is Having friends. At age 75 success is… Having a driver’s license. At age 80 success is… Not piddling in your pants.

Until next time, always remember to forget the troubles that pass your way; but never forget the blessings that come each day.

Take care,
Lawrence King, Director of Education

GREAT TRUTHS ABOUT GROWING OLD:
1) When you fall down, you wonder what else you can do while you’re down there.
2) Having a driver’s license. At age 35 success is… Having good credit. At age 50 success is… Not piddling in your pants. At age 17 success is… Having friends. At age 4 success is… Not piddling in your pants. At age 12 success is… Having friends.

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Take care,
Lawrence King, Director of Education

Accountant
Stanley Doherty, CPA, CMA
88-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swiltes Bakery and Can Station on Douglasdale Blvd
dohertysb@shaw.ca
accountingservicescalgary.net
Personal and Corporate Taxes
Financial Statements • GST • Payroll • Reviews
Audits • Consulting • Business Startup Assistance
English 403-257-1582 • Español 403-457-4829

GREAT TRUTHS ABOUT GROWING OLD:
1) Raising teenagers is like nailing Jell-O to a tree.
2) Wrinkles don’t hurt.
3) Families are like fudge….mostly sweet, with a few nuts.
4) Laughing is good exercise. It’s like jogging on the side.
5) Middle age is when you choose your cereal for the fibre, not the toy.
6) Today’s mighty oak is just yesterday’s nut that held its ground.

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

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

Wednesday mornings, 9:00 – 11:00 a.m., next session January 4 - March 22.

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

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

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

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

Migraine consults & treatments, weekly availability.

The Podiatry Practice of Tedman Donovan, for all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cyts, Corns, Calluses & Warts, Shockwave Therapy Available. Diabetic Foot Care and Routine Foot Care.
Successful, healthy communities are generally those with active and sustained membership and involvement of the community residents. Often a strong membership representation is an indication that our association is serving the needs of the community and is therefore, valued and supported by its residents. Your support today is important and ensures new energy to continually address community issues.

What your Community Association does for you…
- Programs and activities put on by the CCA (Stampede Kick-off Breakfast, “Winterlude”, to name a few)
- Social, environmental and civic affairs (BFI Public Open House, Drugs in your city awareness presentation, Trailblazer, Traffic & Zoning Issues)
- Government Liaison (With The City of Calgary and Government of Alberta)
- Weigh-in on Commercial Applications (Telus Cell Tower, BFI Canada Inc., Inland Cement and local based businesses)
- Insurance and Administration (Covers annual operating costs and applicable insurance cost to operate yearly)

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

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

CHAPARRAL COMMUNITY ASSOCIATION MEMBERSHIP

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

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

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

Mail: Chaparral Community Association, P.O. Box 58001 – Chaparral RPO, Calgary, AB T2X 3V2

Memberships valid for 1 year from date of purchase

MEMBERSHIP APPLICATION FORM

FAMILY NAME: ____________________________________________ (Last Name)  (First Name)  (Partner)
ADDRESS: ________________________________________________
HOME PHONE: ____________________________________________
E-MAIL: ________________________________________________
WOULD YOU BE INTERESTED IN VOLUNTEERING?  Social Committee □  Fundraising □
Board of Directors □  Membership Committee □  Special Events □  School Issues □

Support Your Community Association Buy a Membership Today!

$20.00  2016 CCA MEMBERSHIP CARD
Serving Lake Chaparral, Chaparral Ridge and Chaparral Valley

Name________________________ (Surname)  (Given Name)
Name________________________ (Surname)  (Given Name)
Address_______________________ (Surname)  (Given Name)  Postal Code ________________
Phone #_______________________ Email __________________________
Date_________________________ Can we contact you for Volunteer Activities? Yes ( ) No ( )
Cheque#_______________________ Cash Receipt #____________ E-order ref ______

(Surname) (Given Name)
________________________________________
Postal Code ____________________
______________________________________________
______________________________________________  ____________________
There is a lot happening in February in the Wellness Centre - we have something for everyone! Registration information can be found at www.ahs.ca/shcwellness or call 403-956-3939.

**SHC Community Gardens – Community Engagement Invitation**

Calling all gardeners, experienced and novice! Would you like to be involved in the South Health Campus Community Gardens as a planner, leader, labourer and/or gardener? We are expanding the gardens and invite interested community members to attend an open-house to learn more, get involved and share ideas to plan the community garden expansion.

**Wednesday, February 8, 2017 6:00-8:00 pm**
The Cove (across from Good Earth Café) South Health Campus, 4448 Front Street SE Questions? Contact April at april.matsu@ahs.ca or 403-956-3939.

**February 28 6:00-8:30 pm**
During Special Occasions Eating Away from Home and the Caregiver Alzheimer’s & Dementia: Care for the Caregiver February 6 7:00-8:00 pm

**February 15 10:00am-12:00pm**
Parkinson’s 101

**February 9 10:00-11:30 am**
Getting Ready to be Pregnant Nutrition for New Moms February 6 7:00-8:00 pm

**February 3 12:15-1:15 pm**
Mindfulness Practice Sessions

**Every Friday 1:30-2:30 pm**
Meditation Drop-in

**February 27 2:00-4:00 pm**
Family Peer Support Program

**February 23 6:30-7:30 pm**
Drumming Up Wellness - Community Engagement Session

**February 22 10:00am-12:00pm**
HeartMath – Community Engagement Session

**February 27 6:30-8:00 pm**
The Top 5 Tips to Reduce Calories – Community Engagement Session

**February 10 6:00-8:00 pm**
Family Peer Support Program

**February 7 OR 21 5:45-8:00 pm**
Family Peer Support Program

**February 23 6:30-8:00 pm**
Living Well on Prednisone

**February 28 6:00-8:30 pm**
Dietitians in the Kitchen-Mediterranean Fusion

**February 16 1:00-3:00 pm**
Getting Ready to be Pregnant

**February 19 10:00am-1:00pm**
Meditation Drop-in

**February 25 1:30-2:30 pm**
Gardening Class

**February 28 6:00-8:30 pm**
Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

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**Chaparral Ridge Sales Stats: YEAR TO DATE**

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<th>LOW</th>
<th>AVG.</th>
<th>AVG DOM</th>
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<td>347,000</td>
<td>364,000</td>
<td>39</td>
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<tr>
<td>BI-LEVEL</td>
<td>380,000</td>
<td>380,000</td>
<td>380,000</td>
<td>53</td>
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<tr>
<td>ATTACHED</td>
<td>338,318</td>
<td>300,000</td>
<td>319,159</td>
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<tr>
<td>CONDO</td>
<td>310,000</td>
<td>220,000</td>
<td>271,400</td>
<td>50</td>
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</tr>
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</table>

**Chaparral Valley Sales Stats: YEAR TO DATE**

<table>
<thead>
<tr>
<th>STYLE</th>
<th>HIGH</th>
<th>LOW</th>
<th>AVG.</th>
<th>AVG DOM</th>
<th>TOTAL</th>
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<tbody>
<tr>
<td>2 STORY/2 SPLIT</td>
<td>640,000</td>
<td>386,600</td>
<td>508,521</td>
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<tr>
<td>BUNGALOW</td>
<td>391,000</td>
<td>360,000</td>
<td>374,600</td>
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<td>BI-LEVEL</td>
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<td>279,000</td>
<td>314,043</td>
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<tr>
<td>CONDO</td>
<td>312,000</td>
<td>215,000</td>
<td>263,003</td>
<td>58</td>
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</table>

**Lake Chaparral Sales Stats: YEAR TO DATE**

<table>
<thead>
<tr>
<th>STYLE</th>
<th>HIGH</th>
<th>LOW</th>
<th>AVG.</th>
<th>AVG DOM</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
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<td>395,000</td>
<td>523,975</td>
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<tr>
<td>1 ½ STORY</td>
<td>890,000</td>
<td>890,000</td>
<td>890,000</td>
<td>8</td>
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<tr>
<td>BUNGALOW</td>
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<td>417,500</td>
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<tr>
<td>BI-LEVEL</td>
<td>456,000</td>
<td>382,000</td>
<td>438,500</td>
<td>17</td>
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</tr>
<tr>
<td>4 LEVEL SPLIT</td>
<td>420,000</td>
<td>420,000</td>
<td>420,000</td>
<td>62</td>
<td></td>
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<tr>
<td>ATTACHED</td>
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<td>CONDO</td>
<td>412,500</td>
<td>215,000</td>
<td>323,003</td>
<td>58</td>
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</tr>
</tbody>
</table>
What is the difference between the Chaparral Community Association (CCA) and the Chaparral Residents Association (CRA)?

The Chaparral Community Association is a volunteer run organization that represents the residents of Lake Chaparral, Chaparral Ridge and Chaparral Valley. Your Community Association is the recognized body that liaises with government officials, expresses resident concerns regarding commercial, industrial and residential land use development and represents the position of residents on education, transportation, environmental and infrastructure issues.

The CCA supports organized sports, community programs and social programs. The CCA supports and publishes the community publication The Trailblazer to help keep you better informed. For inquires please see the list of CCA volunteers in the Trailblazer or email ask@chaparralcommunity.com. Membership is a voluntary $20 per year.

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

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

Dr. Gary Harrison, D.D.S.
Dr. Luke Szott, D.D.S.
FAMILY DENTISTRY
For Appointments Please Phone
403 256-2727
• Convenient Hours
• Free Consultations
• New Patients Welcome
• All Facets of General Dentistry
Office Hours:
Monday 11:00 am - 7:00 pm
Tuesday 7:00 am - 7:00 pm
Wednesday 7:00 am - 7:00 pm
Thursday 7:00 am - 7:00 pm
Friday 7:00 am - 2:00 pm
Saturday 9:00 am - 4:00 pm
Shawnessy Village Shopping Centre
134 - 70 Shawville Blvd. S.E. T2Y 2Z3

Agapeland Preschool -- A Great Place to Start!
• A carefully developed Junior Kindergarten program with a Christian perspective
• Includes Handwriting Without Tears®
• Fully certified and experienced staff for 20+ years
• Spacious, stimulating, well-equipped environment
• For fully toilet trained children, 4 yrs. by Dec. 31, 2017
• New location: 20200 Walden Boulevard SE
For further info:
• http://southviewchurch.com/ministries/family-ministries/agapeland
• Southview Church
• 403-256-4922
• Agapeland@southviewchurch.com

IN & AROUND SCHOOLS

Sundance School
February is a special time at Sundance School because we celebrate “Carnaval”. We bring a bit of Quebec’s Winter Carnival to Sundance for a fun filled evening for the entire family. Come and meet Bonhomme, skate on the lake, toboggan down the hill and much more. More information will be sent out soon.

We are also planning a movie night for families at the school on Thursday February 9th at 6pm. For those that were able to attend our movie night last year, it was a great success and a really unique experience for our students to have. Bring your pillow, blanket, and sleeping bag, or pull up a mat in the gym. Movie is to be decided but will be shown in English.

Teacher’s convention is on February 16-17th this year. Sundance teachers will have the opportunity to explore, learn, and participate in workshops, discussions, and exhibits. There will be no classes for students during the convention.

Monday February 20th is Family Day. We at Sundance hope that you can take this day to reconnect with your own family and enjoy some time doing whatever makes your family happy!

All are invited to attend our School Council meeting on Wednesday February 22nd at 7pm in the library. This is a wonderful opportunity to meet other parents at the school, learn about what is happening at Sundance and to ask questions. We look forward to our Grade 2/3 and Grade 4 Regular Program teachers presenting at this meeting.

Have you subscribed to receive messages from the Calgary Board of Education and our school? To do so please go to www.cbe.ab.ca/subscribe to enter your email address and click Subscribe.
Chaparral Safe Communities Corner

Partners in Crime Prevention Workshop: Malware and Cybercrime

Cybercrime is a growing trend in today’s internet savvy world. This workshop will provide information on current malware trends, types of cybercrime as well as the impacts that these activities can have on individual users, institutions and communities. You’ll also learn tips to minimize the risk of being affected by malware.

Presented by CST. Carter Duchesney
February 15, 2017
7:00 pm - 9:00 pm
Haysboro Community Association
1204 89 Ave SW
Free to register at calgarycommunities.com/events

Calgary Police Service District 8 — Community Association Year End Review (2016)

Dear Community Associations:

In contrast to 2015 this past year has seen steady growth in the number of sworn members of District 8 and stability throughout the Calgary police Service. We now have 10 more officers “working the street” than we had at this time last year. This increase in front line resources is vital to our efforts to continually improve our service.

Unfortunately, this year like 2015 was marred with an alarming number of property related crimes. These crimes continue to be fueled by drug addictions, especially fentanyl and other opiates, the economy, and a change in criminal behaviors. Many of these crimes were “crimes of opportunity” committed by serial offenders who have “learned” to take advantage when vehicles are left running or doors are left open or unlocked. Most concerning is the fact that these crimes were strongly correlated to violent crimes including assaults, robberies, and home invasions. The Calgary Police Service understands that these crimes result in significant risk to citizens, officers, and offenders. This escalating risk highlights the importance of the Community and the police working together. This trend can only be reversed through a combination of education, prevention, enforcement, and incarceration.

This is my second year as the Commander of District 8 and I am continue to be very thankful and humbled by the support we have received from all the communities. District 8 is fortunate to have a very committed group of community leaders who share our passion for safety and understand the importance of open and timely communication. The feedback we received from you coupled with your support of our initiatives maximized the effectiveness of our efforts to keep our communities safe.

Our partnership is making a difference. Despite the challenges listed above crimes rates declined throughout this year. Thank you for your on-going commitment to these preventative strategies.

On behalf Of the members of District 8,
Keith Cain, Inspector, District 8

Panther Sports Medicine is pleased to announce the opening of our new clinic in Walden!

NOW OPEN

130, 19606 Walden Blvd SE
P: 587-356-4327
F: 587-356-4328
www.panthersportsmedicine.com

Panther Sports Medicine is pleased to announce the opening of our new clinic in Walden!

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First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

February 10 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

February 18 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

February 26 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.
February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more drop-in fitness classes a week, use the gymnastics, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre pass with presentation of a community association membership or payment of the Community Sup-port Fee (which is sent to your community association.)

Recession Busters

• The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidsFirst, and KidsSport.) See www.tricocentre.ca for details.

• Affordable swim specials: 8:30-9:30pm Monday to Saturday, just $3/person. Sundays 6-8pm, Family Night Swim, $3/person.


Did You Know?

• Refer a new passholder and get a free month on your pass!

• Buy a new pass and receive a coupon for up to $50 off a program, personal training, or a daily/10-visit pass for friend/family.

Adults

• Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at www.tricocentre.ca.

• Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.

• Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

• Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

Families

Family Day Event: Join us for SHINE FM and Trico Centre’s Funday-Fuller Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just $2 per person.

Children & Youth

• Mindfulness for Youth Workshop (8-12 years with parent) You and your child will learn techniques that will achieve life-long calming strategies. February 4, 12-1:30pm.

• Preschool Drop-Ins: Drop-In Gymnastics (Mon- day 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm). Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See www.tricocentre.ca for schedule and details.

Valentine’s Trivia

Based on retail statistics, about 5 cent per of pet owners will give Valentine's Day gifts to their pets.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre

Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at https://shop.lego.com/en-US/minibuild-registration

Mar. 3 – 19, The Urban Jungle Book at Story Book Theatre

Michael is a foster child with a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – The Jungle Book. Recommended for ages 6+, tickets at www.storybooktheatre.org

Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre

One theatre, four evenings, ten one act plays, a diverse array of local talent. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. $15 adults, $12 students/seniors. Tickets at www.pumphousetheatre.ca

Mar. 16, Hodgetwins at the Laugh Shop

These American identical twins have some the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, $29.95.

Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre

Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts.

More info at www.outdooradventureshow.ca

Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome

The C of Red is calling! Don’t miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at $29. More info at www.scotiabank.saddledomecalgary.com

MARCH 2017

28 FEBRUARY 2017 | Call 403-263-3044 for advertising opportunities
Another popular indoor succulent is \textit{Sedum Morganianum}, also known as Burro Tail or Donkey Tail. It has long rope-like stems heavily laden with plump juicy leaves that can grow up to 6 ft. long. A mature plant will be very heavy, and needs to be hung from a good hook that will support the weight. If you cannot turn it regularly, it will grow on the sunny side and need to be secured to its shelf (I find wire coat hangers useful). These plants do not tolerate transplanting, as the leaves fall off with the slightest touch, so choose your pot wisely when the plant is small. There are many different varieties with leaves from tiny to huge, and if you have outdoor sunny space that is sheltered from the wind and hail, they will enjoy living outside in the summertime. Remember, though, that they are tropical and cannot tolerate cold temperatures, so must move inside in the fall.

We all have some sort of Hen and Chicks in our gardens: small ground-hugging fleshy succulents in rosette form of the \textit{Crassulaceae} family. You will often find them labelled as genus \textit{Echeveria} and \textit{Sempervivum}, among others. The “hen” is the main parent plant, and the “chicks” are the offsets or baby plants, which are attached by a not very sturdy stem. A good strong rain will knock the baby off, allowing it to roll down the slope and come to rest where it will put down roots and start a new colony. These are probably the most shared plants in the gardening community, as some varieties are hardy to our climate and propagate easily. There are many others that come from warmer and drier climes, such as Central and South America and Africa, that make interesting house plants because of their beautiful shapes. Plant them alone, or together in a shallow pot in a sunny window, and they will reward you with years of slow growth and the occasional bloom on a long willowy stalk. The most important thing to remember about growing succulents is that their original home is typically arid. The quickest way to kill your new succulent or cactus is to water it weekly on the same schedule as your other house plants. Root rot is deadly. During the winter season when daylight hours are short, these plants need watering only monthly, or at the most every two weeks. Soak the pot and then leave it until it is totally dry; never let it sit in a saucer of water. And do not fertilize until the days are longer and you see new growth. When repotting (some of these babies come from the nursery in very tiny pots) use either a commercial cactus medium, or regular potting medium mixed with perlite (1:2). Perlite is good for drainage; Vermiculite is like a sponge and holds water. Horticultural sand will also work. Enjoy your succulents; how many things do we have in our lives that thrive on neglect?

If you are growing plants indoors, there is a good chance you already have a succulent or two. Perhaps you have cactus or aloe. The word “succulent” comes from the Latin word “succus”, meaning juice or sap. This category of plants has leaves or stems (and sometimes roots) that are thick and fleshy to enable the plant to store water to survive dry conditions. It is a huge family of plants that originate from many parts of the world ranging from desert to forest. All cacti are succulents, but not all succulents are cacti. Many of them flower, such as \textit{Schlumbergera}/Christmas Cactus, which only flowers at Christmas if forced in a greenhouse environment. In our homes, it blooms according to hours of sunlight, typically October-November and again less vigorously in early spring. After it is finished, it should be given a rest cally October-November and again less vigorously in

\textit{Sempervivum} and \textit{Echeveria}, among others. The “hen” is the main parent plant, and the “chicks” are the offsets or baby plants, which are attached by a not very sturdy stem. A good strong rain will knock the baby off, allowing it to roll down the slope and come to rest where it will put down roots and start a new colony. These are probably the most shared plants in the gardening community, as some varieties are hardy to our climate and propagate easily. There are many others that come from warmer and drier climes, such as Central and South America and Africa, that make interesting house plants because of their beautiful shapes. Plant them alone, or together in a shallow pot in a sunny window, and they will reward you with years of slow growth and the occasional bloom on a long willowy stalk. The most important thing to remember about growing succulents is that their original home is typically arid. The quickest way to kill your new succulent or cactus is to water it weekly on the same schedule as your other house plants. Root rot is deadly. During the winter season when daylight hours are short, these plants need watering only monthly, or at the most every two weeks. Soak the pot and then leave it until it is totally dry; never let it sit in a saucer of water. And do not fertilize until the days are longer and you see new growth. When repotting (some of these babies come from the nursery in very tiny pots) use either a commercial cactus medium, or regular potting medium mixed with perlite (1:2). Perlite is good for drainage; Vermiculite is like a sponge and holds water. Horticultural sand will also work. Enjoy your succulents; how many things do we have in our lives that thrive on neglect?

When it comes to heirlooms, it’s personal

Suzanne Smith-Demers – Consultant

When a family member dies, personal items and heirlooms can be the cause of significant conflict among family members. Once obligations to a spouse and dependents are met, you can generally leave your estate to whom-ever you want. However, making decisions regarding personal effects and family heirlooms is often the most difficult parts of the estate planning process. Here are some tips to avoid potential disputes:

- \textit{Eliminate surprises} Share the contents of your Will with your heirs to avoid surprises after you are gone.
- \textit{Understand that fairness doesn’t always mean equal} Decide what fairness means to you and distribute your items accordingly.
- \textit{Appraise and consult} Have your personal property appraised and consult with your heirs to ensure the items you bequeath are appropriately valued - both monetarily and emotionally.
- \textit{Make a list} Attach to your Will a letter or memorandum that lists your personal property items and the heirs who should get each. Be sure that the memorandum is incorporated into the terms of the Will.
- \textit{Choose now} While you’re still alive, list or lay out your personal items and have your heirs take turns choosing what they want.
- \textit{Choose later} If you don’t want your heirs to select your personal items in advance but still prefer they are the ones who chose, leave a direction in your Will that your heirs are to choose items in turn.

Having an estate plan that includes a Will is vital to ensuring your legacy is left as you wish. But keep in mind that people can change their minds and your heirs may not necessarily want what you plan to give them – so keep things flexible. Talk to your professional advisor about the best estate planning strategies for you.
Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneous) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

The most common symptom of plantar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related joints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fit easily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Microcurrent therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you've got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms ($50 savings!)
BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified jour- neymen plumbers/gasfitters, very experienced in Chap- arral. Upfront pricing. Reliable, conscientious, fully guar- anteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. “Showering you with great service.”

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For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca
Presented by Ceiridwen Robbins, Visitor Services Coordinator
Thursday, February 23, 2017 7:00 pm – 8:00 pm
Lake Provincial Park
Beaches, Birds, and the Boreal Forest – Lesser Slave Lake Provincial Park – all without leaving Calgary! Beaches, birds, and boreal plants abound in this provincial park, including some rare and unusual species. Free for Friends members and $5.00 for non-members. For more information or to register visit www.friendsoffishcreek.org/event/beach

Introducing Yo-Qi: A Wellness Experience
The Friends are excited to announce that we have expanded Yoga and Qi Gong into the Winter and Spring! “Yo-Qi” is a combination of Yoga and Qi Gong – and each session will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructor Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. Sessions will be held indoors at the Environmental Learning Centre at Shannon Terrace from 7:00 – 8:00 pm on Thursday evenings:
- January 26 – Boost Your Immunity
- February 23 – Heart Opening
- March 23 – Spring Cleaning and Detox
- April 20 – Connecting to Earth
- May 18 – Gratitude for Mother (your own or Mother Earth)

To register and for more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Hello Ward 14!
Before I get into the rest of this column, I want to make a point that could save you a lot of time, trouble, and even money. We have had the first real cold weather in several years over the last few months, which justifiably led many people to leave their cars unlocked and running. Over the same few months I have heard of countless instances of theft—in cars, of cars, and in homes—as a result.

Please seriously consider whether or not it is necessary to leave your car unlocked and running. You could be attracting theft to yourself, and your community by doing so.

Counciltalk
It really feels great to be back for another year of Counciltalk. There are few things that I enjoy more than gathering around a table to discuss and debate topics that matter to people. The last meeting did not disappoint. Your opinions bring me energy, and inspire me as I go about my work at City Hall.

This month Counciltalk will be in the Chaparral Lake House located at 225 Chaparral Drive S.E. I will be there on Saturday, February 25 from noon to 2 p.m. You can visit calgary.ca/counciltalk for details of the full Counciltalk schedule, and you can sign up to receive reminders for Counciltalk and other important Ward 14 community events, but you will find City of Calgary AGM my goal is to post it in an easy-to-use form on my website. Not only will there be information about community events, but you will find City of Calgary engagement sessions as well. You will find every Council talk session in the calendar, and even the Ward 14 Communities BBQ.

Go directly to the Community Calendar by visiting calgary.ca/ward14calendar, or just looking around on calgary.ca/ward14.

A final note
Finally, it is the month of love, and Valentine’s Day is just around the corner. While you are thinking about what to get your sweetheart, I hope we can all remember a different type of giving too. Times are tougher than they have ever been for many of our fellow Calgarians. Charities like the Calgary Food Bank are in need more than ever. Let’s not forget this as we get on with our day-to-day routines.

Feel free to contact me anytime!
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