

FEBRUARY 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **CHAPARRAL** trailblazer

Bringing Chaparral Residents Together



CHAPARRAL COMMUNITY ASSOCIATION

www.chaparralcommunity.com

Great News Publishing

| Call 403-263-3044 for advertising opportunities

| www.great-news.ca

Now Serving South Calgary
& Surrounding Areas

Heather Kohlen Chartered
Professional Accountant

Suite 205, 259 Midpark Way SE, Calgary
P: 587.481.4104 (by appointment only)
E: info@heatherkohlen.ca • W: heatherkohlen.ca



Chaparral

Medical Clinic

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

Also scheduling vasectomies

403-201-3003 • 216 - 10 Chaparral Drive SE
www.calgaryvasectomy.com

"We Care"

DEERFOOT

Carpet & Flooring



403-255-5880

Carpet Hardwood Tile Vinyl Laminate



www.deerfootcarpet.com

6170 12th ST SE

CONTENTS

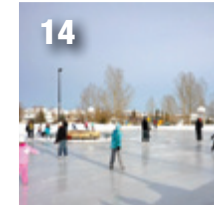


10

7 PRESIDENT'S MESSAGE

8 CHAPARRAL COMMUNITY
ASSOCIATION NEWS

10 CHAPARRAL GREEN
THUMBS:
GARDEN PLANNING TIPS



14

13 REAL ESTATE UPDATE

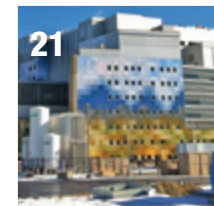
14 WHAT'S HAPPENING
AT THE LAKE



17

16 KING'S CORNER

17 TEEN BABYSITTERS



21

21 SOUTH HEALTH CAMPUS
(SHC) WELLNESS CENTRE

30 SUCCULENTS & CACTI

31 WHEN IT COMES TO
HEIRLOOMS, IT'S
PERSONAL



30

33 PLANTAR FASCIITIS
CAUSES AND TREATMENT
OPTIONS

36 FRIENDS OF FISH CREEK



21



Photo by Chaparral resident Karen Rice



CHAPARRAL COMMUNITY ASSOCIATION

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

Delivered monthly to 4,500 households and businesses for 14 years!

Editorial Submissions
editor@chaparralcommunity.ca

All editorial content must be submitted by the 27th of the month for the following month's publication.

Advertising Opportunities
403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing
Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB
T2C 2K2

Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Chaparral Community Association.

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

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

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

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



Patrick & Shelagh
KRAUSE



YOUR #1 CHOICE for Integrity,
Service and RESULTS!



Call us today for your FREE
Home Evaluation.

403-777-0077
info@calgaryrealestate.com



RE/MAX First
Independently Owned and Operated

www.LakeChaparralHomes.com

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

CCA BOARD OF DIRECTORS

President	Lynette Javaheri	president@chaparralcommunity.com
Vice President	Cory Exner	vp@chaparralcommunity.com
Treasurer	Fazeel Elahi	treasurer@chaparralcommunity.com
Membership	Thomas Wimmer	memberships@chaparralcommunity.com
Education	Lawrence King	education@chaparralcommunity.com
City of Calgary Liaison	Marilyn Houston	city@chaparralcommunity.com
Traffic Committee	Dee Treder	traffic@chaparralcommunity.com
Safe Communities	Jonathan Weal	safecomunities@chaparralcommunity.com
Director	Racim Gribaa	director2@chaparralcommunity.com

VOLUNTEERS

Volunteer Coordinator	OPEN	
Events Coordinator	OPEN	
Trailblazer and Website Editor	Lynette Javaheri	editor@chaparralcommunity.com
Sports and Recreation	OPEN	
Planning and Development	Lynette Javaheri	planning@chaparralcommunity.com
CCA Representative for SFCRA	Joel Irwin	sfcra@chaparralcommunity.com
CCA Representative for Trico	Thomas Wimmer	memberships@chaparralcommunity.com
BFI Community Liaison	Cory Exner	clc@chaparralcommunity.com
Community Garden	Jolene Ottosen	chaparralgreenthumbs@gmail.com
Safe Communities Initiative	Jonathan Weal	safecomunities@chaparralcommunity.com
Condominium Liaison	Dee Treder	condos@chaparralcommunity.com
Chaparral Valley Representatives	OPEN	valley@chaparralcommunity.com
Chaparral Ridge Representative	OPEN	lake@chaparralcommunity.com
Lake Chaparral Representative	Anton Ovtchinnikov	lake@chaparralcommunity.com

LAKE CHAPARRAL CONTACTS (NOT CCA)

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

**PRESIDENT'S
MESSAGE**

by Lynette Javaheri



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!

Seton Clinic
Now Open

EFW Radiology Seton Clinic provides the following diagnostic imaging services:

- General Ultrasound
- MSK Ultrasound
- Maternal Fetal Medicine
- General X-ray (walk-in)
- Advanced Spinal Care Centre
- Spine and Pain Management

Located directly across from the South Health Campus Hospital.

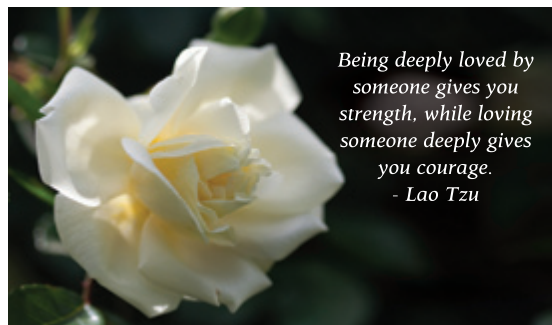


efwrad.com | (403) 541-1200



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE Mon, Wed, Thurs, Fri 8-6
www.sundanceanimalhospital.com Tues 8-8 Sat 9-1
Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic



*Being deeply loved by
someone gives you
strength, while loving
someone deeply gives
you courage.*
- Lao Tzu

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 @chaparralca

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.



Life.
We don't
want you
to miss it.™



Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at heartandstroke.ca

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 learn to enjoy seeing the progression of your plants as you nurture them from year to year.

Annuals

Some annuals can be easily seeded outside at almost any time, including late fall right before the first snow falls. If you clear away the snow, poppies and sweet peas can be sown in March. By April you could also sow alysum, bachelor's buttons, cosmos, and calendulas.

For guaranteed success, some of the easiest flowers to grow from seed are:

Bachelor's Button (Cornflower)

Bachelor's Button or Cornflower is a charming, little flower that is known for its bright blue hue, but these flowers also come in shades of pink and purple. This easy-to-grow annual is the perfect choice for hot and dry climates. It will only take 1-3 weeks for the seed to sprout! You can start the seeds indoors or sow directly into the garden.

Cosmos

Cosmos are a must have for any garden! They are easy to maintain and do well in poor soil conditions. These bright and colourful flowers come in a wide variety of colours, including white, orange, pink, and yellow. The fern-like foliage is also quite attractive. Sow the seeds in the spring and pick regularly to encourage new blooms!

Poppy

The poppy is another easy to grow annual and can tolerate poor soil conditions. Poppies, with their showy, bright red-orange blooms, add a burst of bright colour

to the garden. Sow during cool, rainy weather to germinate the seeds. Do not start indoors, as the poppy does not do transplant well.

Sunflower

Sunflowers, with their large seeds, are amongst the easiest flowers to grow. There are many different varieties to choose from, ranging from dwarf to giant flowers. Simply sow them into the soil when the weather is warm enough and watch them grow. It is not a good idea to start them indoors, as they do not like transplanting.

Zinnia

Zinnias are hardy annuals that come in wide variety of colours and sizes and are also heat-tolerant and would do well in hotter climates. These showy flowers make excellent cut flowers. In fact, the more flowers you pick, the more blooms will produce! They will also attract butterflies and bees to the garden!

Perennials

A few annuals and most perennials need to be started indoors when growing from seed. Read the backs of seed packets carefully, as some need more time than others. The easiest perennials to start indoors that will germinate within a month, grow quickly afterwards, and do not have special needs are:

Bellflower	Foxglove	Snow-in-
Blanketflower	Hollyhock	Summer
Campion	Jacob's Ladder	Soapwort
Candytuft	Poppy (Iceland)	Thyme
Catmint	Potentilla	Yarrow
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 mediums. 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 moisten 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 ever dry out.

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 increas-

ing 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	Hosta
Bleeding Hearts	Iris (Siberian)
Clematis	Liatris
Coneflower	Lily-of-the-Valley
Cranesbill	Ostrich Fern
Daylily	Painted Daisy
Elephant-ears	Phlox
Globe Thistle	Solomon's Seal
Globeflower	

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

You
have a
lot riding
on *us*
getting it
right.

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.

CUPE
Calgary's city employees
Making your city work for you

* According to the 2016 RBC Canadian Water Attitudes Survey



Chaparral Real Estate Update

Last 12 Months Chaparral
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
December 2016	\$527,000	\$512,250
November 2016	\$502,000	\$485,750
October 2016	\$471,900	\$465,500
September 2016	\$552,400	\$539,400
August 2016	\$514,900	\$499,000
July 2016	\$499,900	\$475,000
June 2016	\$516,200	\$504,500
May 2016	\$449,900	\$445,000
April 2016	\$493,800	\$484,900
March 2016	\$469,888	\$455,000
February 2016	\$492,200	\$487,500
January 2016	\$487,000	\$472,000

Last 12 Months Chaparral
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
December 2016	7	12
November 2016	12	10
October 2016	21	14
September 2016	13	6
August 2016	11	13
July 2016	18	15
June 2016	24	22
May 2016	24	23
April 2016	25	23
March 2016	24	11
February 2016	25	12
January 2016	22	10

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

JACKSON & JACKSON
CUSTOMER SATISFACTION GUARANTEED

Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**

**Kitchen, Bathroom and
Basement Remodeling**
**Home Renovations
and Additions**
Custom Decks & Fences

**Affordable Custom
Landscape Plans**
**Stamped and
Exposed Concrete**
Retaining Walls

BEFORE & AFTER RENOVATION PROJECT



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

WHAT'S HAPPENING



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 Ice 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. Log on to <https://central.ivrnet.com/lakechaparral> and register today.

Membership Cards:

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; 403-457-DRAW (3729)

Winter classes to be announced. Contact the programs 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)

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.

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

South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

When was your last PAP test?

- STI testing, contraception, HPV counselling.
- Patients may also self-refer for early prenatal care.
- Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.
- Evening and Saturday appointments available.

Call (403) 254-2030 to book an appointment.

Visit our website at www.thesundanceclinic.com

The Sundance Clinic

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

South Calgary Health Centre Building
 31 Sunpark Plaza SE Calgary T2X 3W5

KING'S CORNER

by Lawrence King, Director of Education

PHILOSOPHIES OF LIFE FROM THE POINT OF VIEW OF A CHILD, AN ADULT AND A SENIOR

This delightful article was sent to me by my sister who lives in Georgia and the author is unknown.

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) Families are like fudge...mostly sweet, with a few nuts.
- 4) Laughing is good exercise. It's like jogging on the inside.
- 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.

GREAT TRUTHS ABOUT GROWING OLD:

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating to know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 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 alone.

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



Lottie	15	Alison	15
Olivia or Anika	15	Tara	15
Alie	15	Tess	12
Alexandra	15	Emily	13
Hayley	15	Avalin	11
Onelli	15		

The Chaparral Babysitter list is maintained by the CCA. If you are interested in being added to the list or are seeking a babysitter in the community please email ask@chaparralcommunity.com



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.



Desiree Dupuis
Mentor and Life Coach

403.650.6411 • desireedupuis@live.com
www.desireedupuis.com

"And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom." - Anais Nin

Accountant
Stanley Doherty, CPA, CMA
#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
dohertysb@shaw.ca
accountingservicescalgary.net
Personal and Corporate Taxes
Financial Statements • GST • Payroll • Reviews
Audits • Consulting • Business Startup Assistance
English 403-257-1582 • Español 403-457-4829



FISH CREEK MEDICAL

208, 803 Chaparral Drive SE
403.873.7734

ACCEPTING 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 & Cysts. 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.



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

WWW.CHAPARRALCOMMUNITY.COM

CHAPARRAL COMMUNITY ASSOCIATION MEMBERSHIP

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

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

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

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

Memberships valid for 1 year from date of purchase

MEMBERSHIP APPLICATION FORM

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

ADDRESS: _____

HOME PHONE: _____

E-MAIL: _____

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

Support Your Community Association Buy a Membership Today!

\$20.00

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

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



Team Palmer

is busy selling Lake Chaparral!

KEN JASON TANNIS

REAL ESTATE INFORMATION - FREE
REAL ESTATE SERVICE - PRICELESS!

Lake Chaparral Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	1,100,000	395,000	521,975	37	101
1 ½ STORY	890,000	890,000	890,000	8	1
BUNGALOW	1,325,000	417,500	681,286	45	7
BI-LEVEL	455,000	382,000	418,500	17	2
4 LEVEL SPLIT	420,000	420,000	420,000	62	1
ATTACHED	454,000	410,000	435,350	55	4
CONDO	412,500	215,000	323,003	58	18

Chaparral Valley Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/2 SPLIT	640,000	386,000	508,921	53	34
BUNGALOW					
BI-LEVEL					
ATTACHED	391,000	360,000	374,600	67	5
CONDO	350,000	279,000	314,043	37	15

Chaparral Ridge Sales Stats: YEAR TO DATE

STYLE	HIGH	LOW	AVG.	AVG DOM	TOTAL
2 STORY/ 2 SPLIT	556,900	353,000	427,428	39	10
BUNGALOW					
BI-LEVEL	381,000	347,000	364,000	19	3
4 LEVEL SPLIT	380,000	380,000	380,000	53	1
ATTACHED	338,318	300,000	319,159	21	2
CONDO	310,000	220,000	271,400	50	10

What is my House Worth?

FREE

over the Internet Evaluation
www.lakechaparral.info

or call Team Palmer at 403-256-3888

Remember Nobody Sells more Real Estate than RE/MAX

RE/MAX

Landan Real Estate
#102, 279 Midpark Way SE
Calgary, Alberta T2X 1M2



FOR ALL
YOUR
COMMUNITY
INFO
PLEASE VISIT

www.lakechaparral.info

WANT TO KNOW WHAT
YOUR HOUSE IS REALLY
WORTH?

ALL YOU HAVE TO DO IS

ASK!!!

403-256-3888

www.lakechaparral.info
palmer@lakechaparral.info



South Health Campus (SHC) Wellness Centre

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 6:00-8:00pm

The Cove (across from Good Earth Café)

South Health Campus, 4448 Front Street SE

Questions? Contact April at april.matsuno@ahs.ca or 403-956-3932.

Heart at Play: Raising Heart Healthy Families

Join us on Saturday February 11th 10:00am-1:00pm to explore heart healthy habits for life!

What to expect:

- Heart pumping activities
- Delicious cooking demos
- Q&A time with healthcare providers

- Blood pressure checks
- Healthy lifestyle information
- And more FREE family fun!

EMOTIONAL WELL BEING Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Mindfulness Practice Sessions

February 3 12:15-1:15pm

February 23 6:30-7:30pm

Happiness Basics

4-week series begins February 8 4:30-6:30pm

Understanding Anxiety

February 8 10:00am-12:00pm (women only)

HeartMath

February 22 10:00am-12:00pm

HeartMath Practice Session

February 27 3:00-4:00pm

EMPLOYMENT SKILLS

Resume Writing

2-part series begins February 11 9:00am-4:00pm

HEALTH MANAGEMENT

Living Well with Diabetes

February 9 6:30-7:30pm

Getting Ahead of your Headaches

February 9 10:00-11:30am

Parkinson's 101

February 15 10:00am-12:00pm

Living Well on Prednisone

February 23 2:00-4:00pm

CAREGIVER SUPPORT

Family Peer Support Program

February 7 OR 21 5:45-8:00pm

Alzheimer's & Dementia: Care for the Caregiver

February 6 7:00-8:00pm

PARENTS/PARENTS TO BE Nutrition for New Moms

February 2 10:00am-12:00pm

Feeding Your Baby

February 16 1:00-3:00pm

Getting Ready to be Pregnant

February 16 6:00-8:00pm

Story Time & Play Date

February 17 OR 24 10:30am-12:00pm

Play Therapy

February 27 6:30-8:00pm

FOOD, NUTRITION & COOKING

The Top 5 Tips to Reduce Calories

February 13 6:00-8:30pm

Dietitians in the Kitchen- Mediterranean Fusion

February 16 12:00-12:30pm

Eating Away from Home and During Special Occasions

February 28 6:00-8:30pm

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



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

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

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

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

Membership is a voluntary \$20 per year.

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

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

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.



AGAPELAND PRESCHOOL

NEW WALDEN LOCATION | OPENED FALL 2016

Registration ongoing at www.southviewchurch.com

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

NOW OPEN

BRAND NEW, CLEAN & FRIENDLY INDUSTRY LEADING & AWARD-WINNING MANAGEMENT



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

Call (403) 930-6761



19618 Walden Blvd. SE

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





We offer a comprehensive package of services to address all your rehabilitation needs.



SPORTS MEDICINE & Rehabilitation Centres

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

NOW OPEN

- Physiotherapy •Massage Therapy
- IMS/Trigger point dry needling •WCB
- Orthopedic surgical consultation
- Motor vehicle accident rehabilitation

130, 19606 Walden Blvd SE

P: 587-356-4327
F: 587-356-4328
www.panthersportsmedicine.com




CLIMB FOR WILDERNESS

**SATURDAY, APRIL 22, 2017
THE BOW BUILDING**

CLIMB 1188 STAIRS

SUPPORTING THE ALBERTA WILDERNESS ASSOCIATION



climbforwilderness.ca

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




Kids Colour and Win!
Send to Colour2Win@shinefm.com

Listen from 6-8am
AM700TheLight



ShineFM
EDMONTON RED DEER CALGARY
930 THE LIGHT 700
WWW.SHINEFM.COM

Take 2 shots of coffee and Les Moore in the Morning!

Gardening by the phases of the moon

February 3 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.

TH MAINTENANCE SERVICES

HOME REPAIRS AND RENOVATIONS OF ALL KINDS:

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



HOLMBERGTE@GMAIL.COM • 403-703-8648

WWW.THMAINTENANCE.NET

TOPS

weight loss programs

\$48 membership/\$10 monthly dues

Meeting Thursdays at St. Paul's

Anglican Church, 7 Sunmills Green SE
6:30 – 8:00 pm. For more info:

Jennifer (403) 244-9246

first meeting free

RBC Dominion Securities Inc.



**LOOKING TO BUILD & RETAIN A PRODUCTIVE,
MOTIVATED WORKFORCE?**

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

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

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



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 11-90701-000-011

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 than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre pass with presentation of a community association membership or payment of the Community Support 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, KidzFirst, 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.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See www.tricocentre.ca for schedule.

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 Funderful 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 (Monday 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 3 per cent 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 – 18, 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 artists. 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 of 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. More info at www.thelaughshopcalgary.com

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.sciotiabank.saddledomecalgary.com

MARCH MAR CH MAR CH

MAR. 3 – 12 THE BIG TASTE FOODIE FESTIVAL

Calgary's premiere dining festival offers splendid lunch and dinner options at over 60 downtown restaurants, ranging between \$15 for lunch and \$65 for a gourmet 5 course dinner. More info at www.calgarydowntown.com/the-big-taste



MAR. 7 AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL

Playing tracks from their newest offering titled Kings And Kings, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at www.artsccommons.ca/WhatsOn/



MAR. 23 GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN

Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at www.poppyinnovations.ca





Succulents & Cacti

Barbara Shorrock

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 “sucus”, 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 *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 and pruned or re-potted. I have several that are decades old who are pruned annually. They are given a light fertilizing and maybe top dressing when new growth appears, because they live in the same pot year after year.

Another popular indoor succulent is *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 *Crassulaceae* family. You will often find them labelled as genus *Echeveria* and *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 climates, 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 whomever you want. However making decisions regarding personal effects and family heirlooms is often one of the most difficult parts of the estate planning process. Here are some tips to avoid potential disputes:

- **Eliminate surprises** Share the contents of your Will with your heirs to avoid surprises after you are gone.
- **Understand that fairness doesn't always mean equal** Decide what fairness means to you and distribute your items accordingly.
- **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.
- **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.
- **Choose now** While you're still alive, list or lay out your personal items and have your heirs take turns choosing what they want.
- **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.



Footloose Photography
BY SHERI

**MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY**

403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com

**SURLY : MASSAGE
MUSCLES : THERAPY**

Kevin Serl
2200 hr Registered
Massage Therapist

- 9 years experience
- Purpose built home office in Sundance
- Convenient online booking
- Pay with VISA, MC, Debit
- Direct billing

kevin.serl@surlymusclesmassage.com

**\$10 OFF
YOUR FIRST
TREATMENT**

Mobile 403-481-2899 • www.surlymusclesmassage.com



SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

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

Enform IIRP 9 (Revised)
safetysync.com
403.668.6402

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



**WE'VE PACKED A
LITTLE SOMETHING
EXTRA ONTO EVERY
NEW TRICO PASS**

RECEIVE A COUPON
FOR UP TO \$50

towards a Trico Program,
Personal Training Package,
or Daily/10-Visit Pass

CONTACT GUEST SERVICES
TO LEARN MORE

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
www.tricocentre.ca



**BRAIN
GAMES**

SUDOKU

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

FIND SOLUTION ON PAGE 36



Plantar Fasciitis

Causes and Treatment Options

By Dr. Alma Nenshi, Family Chiropractor

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 (calcaneus) 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 planar 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 Micro-current 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

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

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

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

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

THE CELL PHONE WIZARD: The Wizard will expertly repair your cracked iPhone screens and replace those annoying, dying batteries. Choose OEM or AAA parts at affordable rates. Quick turnaround and pick-up/delivery available. Don't let a shattered iPhone screen drive you nuts for another day! Call the Cell Phone Wizard 403-869-6396 today!

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

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

CORPORATE AND SELF EMPLOYMENT TAX, ACCOUNTING, AND BOOKKEEPING: E-filed corporate and personal tax returns. Small business payroll. Highly personalized service, your partner in your business goals and success. Ensure compliance with Revenue Canada; maximize your income. Bow River Business Services Ltd. 403-819-0421 or email ctiefisher@bowriverbusiness.com.

CAROLINE'S CLEANING: I am a very experienced, hard working, reliable and honest house cleaner, with lots of excellent references. Fantastic attention to detail - satisfaction guaranteed. Please call Caroline at 403-201-0503 or 403-990-4630.

HOME BUSINESS OPPORTUNITY: Clinicaire 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. Clinicaire 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.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

WEAR & SHARE YOUR LOVE: KEEP your loved ones/family, pets, faith, friendships, sense of adventure and all the things that matter close at hand and to your heart by designing your own KEEP Collective KEEPsake bracelet, necklace, pet collar, tote bag, key fob, earrings, etc. Start sharing at keepcollective.com/with/katrinajackle or 403-826-4086.

PLUMBING PARAMEDICS: For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 www.plumbingparamedics.ca.

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

QUALITY CLEANING SERVICES: Professional, consistent, dependable and affordable. Residential and commercial cleaning, post construction, move in / move out. Please call for a free estimate at 403-667-2503.

CLARINET AND SAXOPHONE LESSONS: Qualified and experienced teacher now accepting new students. All ages and experience levels welcome. RCM Examinations, audition preparation or just for fun. Located in Walden. Call 403-835-4831.

PERSONALIZED CLEANING SERVICES LTD: Starting to spend more time indoors? Let us help make home your favourite place! Licensed, insured and bonded. All supplies provided. Customer discount program. 200% satisfaction guarantee. Residential, commercial, move in/out. It's simple, just call, text or email Kim at 403-875-6219/info@pcscalgary.com. Also visit us at www.pcscalgary.com.

RICHARDS PLUMBING & HEATING: Over 15 years of experience with very reasonable rates. Richards Plumbing & Heating is a fully insured company ready to take on the plumbing work that you need completed. Located in Walden. Accredited by the BBB. Please call for a free quote. Wade Richards 403-813-2941.

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.

MUSIC LESSONS: Voice, piano, guitar, ukulele. Classical, jazz, pop. Release your inner diva! Learn from a busy and versatile Calgary opera singer / performer! All ages, voice types, and abilities welcome. www.RosannaD.com. Call/text 587-998-9926.

THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. Your SnapPower® distributor. References available. Wendell at 403-613-6807.

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

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.

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

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



FRIENDS of Fish Creek

FRIENDS OF FISH CREEK MID-WINTER UPDATE
Leaving a Legacy for Cherished Green Spaces and Healthy Families
Public Information Session
Saturday, March 4, 2017
2:00 pm at the Fish Creek Environmental Learning Centre

Remembering family in your will is most likely an important part of your final wishes.

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. For over 20 years the Friends have collaborated with park management, volunteers, community organizations and members to raise awareness about environmental stewardship in Fish Creek Provincial Park. Legacy gifts (Planned Giving) allow you to make a future donation to the Friends of Fish Creek without affecting your current financial circumstances. Regardless of the size of your planned gift you can be sure that your gift will continue to make a lasting and vital impact on the park that you care for. Giving options may even substantially reduce your taxes. Your legacy will help ensure that the important programs operated or sponsored by the Friends of Fish Creek can continue to be maintained and expand. A planned gift in your will is a wonderful way to help protect and preserve this park so that future generations can enjoy it as much as you and your family do. For more information, please join us on March 4 and stay tuned to www.friendsoffishcreek.org/estate-2

The February Fish Creek Speaker Series
Beaches, Birds, and the Boreal Forest – Lesser Slave Lake Provincial Park
Thursday, February 23, 2017 7:00 pm – 8:00 pm
Presented by Ceiridwen Robbins, Visitor Services Coordinator for the Slave Lake District of Alberta Parks

Allow Ceiridwen Robbins of Alberta Parks to transport you to northwestern Alberta and explore the fascinating landscape and diversity of life in 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 Instructors 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
- April 20** – Gratitude for Mother (your own or Mother Earth!)

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

BRAIN GAMES

SUDOKU

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



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

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 news at calgary.ca/ward14connect.

Ward 14 Community Calendar
This project has been on my mind for some time now, and the stars are finally aligning to make it reality. You can learn about them throughout the pages of this newsletter, or maybe on bulletin boards in community halls and churches all over the city. They are the small, local community events, and they have been a big part of my life for many years now.

You will now be able to see them on my website, and I will do my best to keep them up to date. Whether it

be the Fun Money Casino or the Friends of Fish Creek 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 Counciltalk 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!

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

FREE MOVING BOXES: - Home Depot (strong) medium and large boxes, including wardrobe boxes. You haul.

2 PAIR OF GLASSES

\$199.99

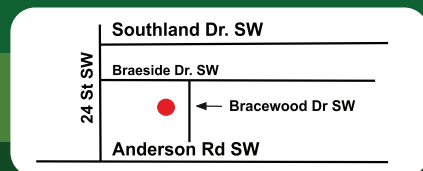
includes progressive or single vision scratch resistant plastic lenses



JAFFERY OPTICAL

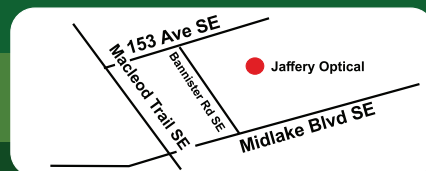
www.jafferoptical.com

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



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

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



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

CHAPARRAL VALLEY DENTAL

We have tv's in the ceiling and
a fun children's play area!



DR. MEISZINGER CONGRATULATES DIEGO,
OUR CAVITY FREE WINNER!

WHERE YOUR NEIGHBOURS GO!

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

Dr. Jeff Bilodeau and Dr. Tobias Meiszinger
Child and Family Dentistry
Always welcoming new patients

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

LAKE CHAPARRAL DENTAL CARE

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



403-278-5272

www.lcdcare.ca

Dr. Silvester Tartal DDS

202 - 10 Chaparral Dr SE

Calgary, AB T2X 3P1



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

RRSP

Lundgren & Young
INSURANCE

RESP



Life



Home



Auto



Commercial

Terry Burton

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

☎ 403.539.0269

☎ 403.860.3615

✉ terry.burton@landy.ca

Darcy Burton

Home - Auto
Commercial Auto

☎ 403.539.9518

☎ 403.860.3617

darcy.burton@landy.ca ✉