JANE'S WALK
MAY 6 10AM
COMMUNITY ASSOCIATION AGM
MAY 9
DOORS OPEN AT 7PM
MEETING AT 7:30PM
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Jaffery Optical - Midnapore 258 - 22 Midlake Blvd SE.
Calgary, AB T2X 2X7
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IMPORTANT NUMBERS

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Alberta Health Care 403-310-0000
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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

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Rockyview General Hospital 403-943-3000
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South Calgary Urgent Care Health Centre 403-943-9300
South Health Campus 403-956-1111

**OTHER**

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

CHAPARRAL COMMUNITY ASSOCIATION
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COMMUNITY ASSOCIATION CONTACTS

CCA BOARD OF DIRECTORS

President Lynette Javaheri president@chaparralcommunity.com
Vice President Cory Exner vpres@chaparralcommunity.com
Treasurer Faezel 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 safe@chaparralcommunity.com
Director Racim Gribba director2@chaparralcommunity.com

LAKE CHAPARRAL CONTACTS (NOT CCA)

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 FCRA Joel Irwin fcra@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 safe@chaparralcommunity.com
Condominium Liaison Dee Treder condos@chaparralcommunity.com
Chaparral Valley Representatives OPEN valley@chaparralcommunity.com
Chaparral Ridge Representatives OPEN
Lake Chaparral Representative Anton Ovtchinnikov lake@chaparralcommunity.com

VOLUNTEERS

Community Garden Jolene Ottosen chaparralgreenthumbs@gmail.com
Safe Communities Initiative Jonathan Weal safe@chaparralcommunity.com
Condominium Liaison Dee Treder condos@chaparralcommunity.com
Chaparral Valley Representatives OPEN valley@chaparralcommunity.com
Chaparral Ridge Representatives OPEN
Lake Chaparral Representative Anton Ovtchinnikov lake@chaparralcommunity.com

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PRESIDENT’S MESSAGE

By now you should have received the City of Calgary’s This Is My Neighbourhood (TIMN) postcard introducing the TIMN program and seeking input on your vision of Chaparral. If you haven’t already returned your completed postcards you can do so by dropping off in the main lobby of the Primary Care Network building located on 194th Ave. at Chaparral (across from the Chaparral Carwash) or at either local elementary school; Chaparral Elementary or St. Sebastian either in person or via your child. You may have also met up with CCA volunteers and City representatives at events around the community. If we had the pleasure of speaking to you, thank you. If not, we look forward to seeing you around in the coming months. Remember your feedback will help guide the future of delivery of City programs, services and small-scale infrastructure improvements for Chaparral.

Annual General Meeting

The Chaparral Community Association’s Annual General Meeting (AGM) is scheduled for Tuesday May 9th at 7:30 pm. Our AGM traditionally allows members and community residents alike to hear a report back on the progress, successes and obstacles that were the previous year. We will share with you the association financials and our vision for projects we are excited to see started in the upcoming year. The AGM also marks the end of the term of the current volunteer board of directors and allows us to reset for the upcoming year with the election of a new board of director for the 2017-2018 year. Several volunteers will seek to continue our work and some volunteers will move on. There are always open positions in the association and I am hopeful that you will come check us out and consider getting involved.

As we wrap up our year, it is important to recognize those people who’ve served and contributed to our community in these past twelve months. I’d like to thank returning board members; Thomas Wimmer for taking care of memberships and being our Trico representative, Lawrence King for his work with our elementary schools and providing his monthly column in the Trailblazer, Marilyn Houston as the City liaison, whose depth of knowledge and connections help get things done, Dee Treder whose passion for traffic safety is always top of mind. Fazeel Elahi as our treasurer, who’s organizational skills are second to none and to Cory Exner as the vice-president, who’s ideas and advice I lean on. Cory is truly a collaborative partner for me in all things community association. This year we welcomed Racim Gribba and Jonathan Weal to our board. If you are familiar with any initiatives around community safety and crime prevention in the last year it is likely that Jonathan was involved. He has worked well with our CPS Community Resource Officer (CRO) Constable Rick Robbins and engaged community members to raise awareness and host a community block watch meeting.

The work of the community association is a collaborative effort and we could not accomplish things without great community partners. I’d like to thank Councillor Peter Demong, MLA Rick Fraser, Lisa Pichurski from the City, CRO Constable Rick Robbins, Anton Ovtchinnikov from the Lake Chaparral Residents Association, Joel Irwin from Cardel Rec, Jolene Ottosen and Shareen Zardecki and all of the green thumbs board who keep the community garden thriving and last but not least to the administration and parent councils of Chaparral Elementary and St. Sebastian Elementary, we look forward to continuing our partnerships and bringing exciting things to our community. Strong Schools, Strong Community.

The AGM is open to all residents of Chaparral, Lake, Ridge and Valley. We hope to see you there! If you have questions or wish to request an agenda in advance please contact Lynette at president@chaparralcommunity.com for more information.
CCA Annual General Meeting
Tuesday May 9th, 2017
Doors open at 7:00
Meeting starts at 7:30
St. Sebastian Elementary
65 Chaparral Drive S.E.
All residents of Chaparral Lake, Ridge and Valley welcome.
Check out our website www.chaparralcommunity.com for the meeting agenda or email ask@chaparralcommunity.com for more information.

2017 JANE’S WALK
The 2017 Jane’s Walk festival in Chaparral will be held on Saturday May 6th. This is the third year we will be hosting a Jane’s Walk, a walking conversation around the community. We will be meeting at the Lake Chaparral parking lot at 10am and expect it will take about an hour and a half or so to complete our tour. Please join us and bring a friend, family or neighbour if you like. If you would like more information please email ask@chaparralcommunity.com.

WARD 14 TRAFFIC SAFETY MEETING
Councillor Demong is hosting a traffic safety meeting in conjunction with the Calgary Police Service and the City’s transportation department on May the 4th from 5:30 p.m. to 8 p.m. at the Mid-Sun Community Centre. Please consider attending and representing the concerns of Chaparral.

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 volunteers: The CCA has been approved to host a City of Calgary community clean-up day for Sunday June 18th and needs 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.
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.

RELOCATION OF MIDNAPORE HOUSEHOLD HAZARDOUS WASTE DROP-OFF
Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 has been temporarily relocated to:
Evergreen Fire Station 37 at 2511 Eversyde Avenue S.W. seven days a week, from 8 a.m. to 6 p.m.
The Midnapore household hazardous waste drop-off will remain closed until early 2018. Other household hazardous waste drop-offs in the south include Shepard Landfill – 68 Str. and 114 Ave SE Should you have any questions or concerns about the relocation of the Midnapore Household Hazardous Waste Drop-off, please call 311 or visit calgary.ca/waste.

LITTLE FREE LIBRARY
Take a Book Leave a Book – Chaparral’s Little Free Libraries
The concept is simple: you leave a book or two that you don’t need any more and then borrow books that your neighbours have left. It’s a great way to not only encourage reading but to also get them out and about in the neighbourhood. Check one out. If you have a little free library added to our directory please contact editor@chaparralcommunity.com.

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CHAPARRAL COMMUNITY ASSOCIATION NEWS
92 Chaparral Drive SE
96 Chaparral Drive SE
225 Chaparral Drive SE (inside Lake Chaparral building)
For many, May long weekend is the gold standard for when to put your garden in, as long as there isn't snow on it. But, is that true? The reality is that while that date is great for some plants, for a few it is almost too late, while for others it is too soon.

When deciding when to plant there are a few factors to consider.
1) Are you planting seeds or seedlings?
2) What are you planting?
3) How much attention are you willing to give your plants?

When I was growing up on the farm our garden went in as seeds in the ground all on the same day. It was watered well for the first few weeks, then nature got to take over, unless it was a particularly dry year. Depending on what you are growing, for many things that works, but for some things you give yourself a bit of an advantage by either starting seeds early inside, or buying bedding out plants.

The following chart is something I have put in this column a few times before, but it is a good general reference for vegetables in the Calgary area, so I am including it again.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Seeding Inside</th>
<th>Transplanting Outside</th>
<th>Direct Seeding Outside</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans</td>
<td>1st week of May</td>
<td>1st week of June</td>
<td>May 24th</td>
</tr>
<tr>
<td>Beets</td>
<td>No need</td>
<td>No need</td>
<td>Late April to late May</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1st week of April</td>
<td>1st week of May</td>
<td>Not recommended</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>1st week of April</td>
<td>1st week of May</td>
<td>Not recommended</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1st week of April</td>
<td>1st week of May</td>
<td>Not recommended</td>
</tr>
<tr>
<td>Carrots</td>
<td>No need</td>
<td>No need</td>
<td>Late April to early June</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1st week of April</td>
<td>1st week of May</td>
<td>Not recommended</td>
</tr>
<tr>
<td>Cucumber</td>
<td>3rd week of April</td>
<td>Mid-May, with protection</td>
<td>Not recommended</td>
</tr>
<tr>
<td>Kale</td>
<td>1st week of April</td>
<td>1st week of May</td>
<td>Early April to late May</td>
</tr>
<tr>
<td>Kohlrabi</td>
<td>1st week of April</td>
<td>1st week of May</td>
<td>Mid-May to mid-July</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Mid-April</td>
<td>Early May to mid-May</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>March 1st</td>
<td>Mid-May</td>
<td>Use sets, early May</td>
</tr>
<tr>
<td>Parsnips</td>
<td>No need</td>
<td>No need</td>
<td>Late fall or early spring</td>
</tr>
<tr>
<td>Peas</td>
<td>No need</td>
<td>No need</td>
<td>As soon as the ground thaws</td>
</tr>
<tr>
<td>Potatoe</td>
<td>No need</td>
<td>No need</td>
<td>Early May</td>
</tr>
<tr>
<td>Rutabaga</td>
<td>No need</td>
<td>No need</td>
<td>As soon as the ground thaws</td>
</tr>
<tr>
<td>Radish</td>
<td>No need</td>
<td>No need</td>
<td>Early Spring to mid-July</td>
</tr>
<tr>
<td>Spinach</td>
<td>No need</td>
<td>No need</td>
<td>Early May or late fall</td>
</tr>
<tr>
<td>Squash</td>
<td>Late April</td>
<td>Late May</td>
<td>Not recommended</td>
</tr>
<tr>
<td>Swiss Chard</td>
<td>No need</td>
<td>No need</td>
<td>Early May</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Mid-March</td>
<td>May 24th with protection</td>
<td>Not recommended</td>
</tr>
<tr>
<td>Turnips</td>
<td>No need</td>
<td>As soon as the ground thaws</td>
<td></td>
</tr>
</tbody>
</table>


Planting seeds in the ground is the cheapest and easiest, but not always the best depending on what you want to grow. You can buy bedding out our plants, but depending on the size of your garden that can be expensive. This grow. You can buy bedding our plants, but depending but not always the best depending on what you want to plant.

Sowing dry seeds after they are in the ground will work for most plants, but you can help speed the process up by soaking seeds for at least twelve hours ahead of time to soften the hard coating that has formed around them. Larger seeds with harder shells, like beets, will probably need to soak for a longer period of time. Some sources I have found recommend leaving these kinds of seeds in water for up to 48 hours while others say never more than 24. However, all sources agree that you are only soaking the seeds to soften the outer shell enough so that it opens and allows the seed inside to get wet, and not leaving them in for long enough for the seed to actually germinate, so don't forget about them for a week!

If the outer shell is really hard, like some melons or gourds, you may want to speed up the softening process by nicking or scratching the outer casing to make it easier for water to pass through. This can be done with a small knife or sand paper. Particularly stubborn seeds can be treated with acids such as sulphuric acid or gibberellic acid-3 (GA-3). You should, however, consult an expert before trying this as overexposure can kill the seeds.

If the seeds are small you can soak them on paper towel or paper coffee filters. The suggestions I have read recommend soaking the seeds off and planting them, but I wonder if you could make your own seed tape facsimile by tearing the paper towel into strips before soaking in a little water. The seeds should double in size and stick to the towel as long as there isn't too much water, and then you could just plant them, paper towel and all.

Another suggestion I have seen is to soak small seeds in a container with water, then transfer them to a squeeze bottle, along with some of the water. As long as you continue to shake up the contents, you should be able to squeeze it right in to your rows and have a fairly even distribution. One caution with this method is that you will probably have to thin out your rows later on.

Direct Seeding Outside
If seeding directly into the ground is your method of choice, there are a few things you can do to help your seeds along, especially if you are planting a little later in the season than you would like.

Seeds, whether you collect your own or purchase them, are in a dormant state which water brings them out of. Watering dry seeds after they are in the ground will work for most plants, but you can help speed the process up by soaking seeds for at least twelve hours ahead of time to soften the hard coating that has formed around them. Larger seeds with harder shells, like beets, will probably need to soak for a longer period of time. Some sources I have found recommend leaving these kinds of seeds in water for up to 48 hours while others say never more than 24. However, all sources agree that you are only soaking the seeds to soften the outer shell enough so that it opens and allows the seed inside to get wet, and not leaving them in for long enough for the seed to actually germinate, so don't forget about them for a week!

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Transplanting Seedlings
If you have decided to buy or grow transplants, don't be in too much of a hurry to get them in the garden. Depending on where your plants have been living for the past month or so, they may not be ready for the harsh outdoor stresses they will soon face like direct sunlight, wind, and large temperature variations. Stick them out right away and you might find some of the leaves turning white and then falling off and then the plant stagnates as it goes through a recovery period. Many will survive this, but you will have lost precious growing time so, do yourself a favour and let your plants harden off before they go into their new permanent home.

Start this process by letting the plants dry out a little bit. Don't let them wilt, but get them used to the fact that they will sometimes feel a bit thirsty outside. This works better with larger seedlings and bedding out plants, so use your judgement on this step.

Next, get them used to the outdoors. Even if you use a grow light, they are not totally prepared for direct sun rays or large temperature variations. On the first try, just let the plants rest primarily in the shade, increasing the time they spend in direct sunlight gradually over the course of a week or two while still bringing them in overnight.

When it comes time to plant try to do the actual transplanting on a cloudy day, or at least later in the day, so the seedlings don't get too overwhelmed by immediate constant direct sunlight. Water the transplants right away and don't be afraid to cover if the weather seems cool or there is risk of frost. Too much cold can redden the foliage which in small amounts is okay, but too much cold and leaves will die off completely. For individual plants you can buy plastic cloches or make use of buckets or other materials you have on hand. Row cover fabric of varying density can also be purchased and offers some protection. For plants that have cages or some other support around them you can even use old blankets or towels.

So, as you can see, while using May long weekend to put in the garden may work for some, it doesn't work for others. Consider what you want to grow and how much work you are willing to do in the process and then make your decisions. As long as you enjoy the end results that is all that really matters!

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

If you are interested in more information or curious about upcoming events email us at chaparralgreenthumbs@gmail.com
What is the difference between the Chaparral Community Association (CCA) and the Chaparral Residents Association (CRA)?

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

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

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

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

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**Our Complete fertilizer package includes:**
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Thank you!  
Thanks to all who hopped over to join us for our Easter  
Event. It was another fun day with Lake Chaparral and  
our Easter Bunny! We would like to give special thanks  
to Butterfield Acres and Child First for helping make this  
Event so much fun.

Getting ready for Summer at Lake Chaparral  
http://lakechap.ca/main/general-rules-information

Please, take some time to review our rules and regula-
tors for this summer. As most of you already know, we have a new system  
that allows you to access your Lake Chaparral account.  
As most of you already know, we have a new system  
that allows you to access your Lake Chaparral account.  
Go to our website at www.lakechap.ca, find the link to  
that page. We need your card to allow you access. If you have lost your card please come into  
the office for a new one. If you have lost your new card,  
a fee of $5.00 will be charged.  
Fees - Yearly HOA fees are due June 30th, please  
watch for your invoice via email or mail. Office hours  
are 9am-9pm, all our staff will be happy to help you  
with your payments.

Upcoming Events:
June 24th 2017 - Our Annual Stampede Breakfast  
We are currently looking for sponsors for our Stampede  
event. If you have lost your card please come into  
the office for a new one. If you have lost your new card,  
a fee of $5.00 will be charged.  
Fees - Yearly HOA fees are due June 30th, please  
watch for your invoice via email or mail. Office hours  
are 9am-9pm, all our staff will be happy to help you  
with your payments.

HOA fees and Our New System  
As most of you already know, we have a new system that allows you to access your Lake Chaparral account.  
Go to our website at www.lakechap.ca, find the link to  
Ivernet, open the page and click register. If you click search what email is already in use, click forgot password and give it  
a new one. Should you have any questions email Rachel  
at office@lakechap.ca  
With this new system we use the card reader to access  
or your forget your card. We need your card to allow you access. If you have lost your card please come into the office for a new one. If you have lost your new card, a fee of $5.00 will be charged.  
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We are currently looking for sponsors for our Stampede  
event. It is a lot of great people and sponsorship to re-
ally make this event spectacular. To become a contribu-
tor to this event please email manager@lakechap.ca and  
let us know how you can get involved.

Programs  
Registration for the following programs is done with the  
individual instructor. Classes are ongoing; full de-
tails 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  
Spring  
Devotion Danceworks  
Spring: 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 Rembrants Drawing Program  
Friday's from 4-7pm  
Young Rembrants 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, en-
gaging and affordable. Watch your child reach a brand  
new level of confidence and potential with this engag-
ing, award-winning program. Our unique, proven meth-
od and step-by-step curriculum dispel the myth that  
a talent a child has or doesn't have, and demonstrates  
that art can be learned by all children.  
Check out our website: www.youngrembrants.com/  
southernalberta  
Email: Calgary@youngrembrants.com  
Phone; 403-457-DRAW (3729)

251st Chaparral Scouts  
Tuesdays 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.

Dance 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  
Spring classes  
Tuesday Mornings  
Need to recharge, relax, restore, come to Restorative  
Yoga. Restorative yoga seeks to achieve physical, men-
tal 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; Suit-
able for everyone. Very little movement - very gentle.  
Wednesday Mornings  
Kripalu yoga is a gentle introspective practice that fo-
cuses on the intertwining of breath and movement.  
For more information and to register please call Tanya at  
403-805-6558 or email Tanya@yogagirl@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

Sportball  
Friday's 1-2pm  
A dynamic sports program focusing on skill develop-
ment in a variety of different sports such as floor hockey,  
baseball and golf just to name a few. This creative, non-
competitive and self-esteem building program prepares  
all children for a future of confident sports participation.  
For more information visit www.sportball.ca

Please visit www.scouts.ca for more information.

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use of props makes it easier for you to maintain balance  
while you are stimulating and relaxing your body; Suit-
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all children for a future of confident sports participation.  
For more information visit www.sportball.ca

Please visit www.scouts.ca for more information.
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

<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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Chaparral Ridge Sales Stats: YEAR TO DATE

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Chaparral Valley Sales Stats: YEAR TO DATE

<table>
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<th>STYLE</th>
<th>HIGH</th>
<th>LOW</th>
<th>AVG.</th>
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<td>318,000</td>
<td>327,500</td>
<td>21</td>
<td>3</td>
</tr>
</tbody>
</table>

CONDO

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www.lakechaparral.info
palmer@lakechaparralinfo

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MAY 2017
I was driving in our neighbourhood the other morning and saw a group of adults out for a leisurely jog, which these days is a very common sight. It brought back memories of 56 years ago when I was a senior in high school (1961) and a distance runner. These were the days when it wasn’t cool to wear running shoes, unless you were an athlete and anyone running on the sidewalk or road was considered to be crazy or just plain stupid. People would honk their car horns at you and yell something silly like “Get a ride!” and dogs would bark and sometimes chase you, as in those days they were allowed to run loose. But wait, it gets better.

One October night after doing my homework and running my three mile run. I put on my sweat pants, hoodie and running shoes and was off to enjoy a leisurely workout. As I was jogging down the street I saw a lady about half a block ahead of me turn around, look at me and then she started walking faster. As I got closer, she suddenly ran up the sidewalk to a house and rang the door bell. I continued on my way without giving it another thought. About fifteen minutes later, a police car pulled up beside me and the two officers told me to get in the back seat. They asked me what I was doing and I said I’m just doing my three mile run and they said “Why?” I tried to explain, but they didn’t believe me and took me home. One officer escorted me up to my front door and waited to talk with one of my parents. My Mother explained that I indeed was a high school distance runner and I was often trained later as I couldn’t run immediately after school (1961) and a distance runner. These were the memories of 56 years ago when I was a senior in high school.

On another note, the very first 26.2 mile marathon in the world was held in Calgary on an August day in 1963. There were nineteen of us who started at Glenmore track with ten of us finishing. We ran out to Bearspaw and finished at Mewata Stadium. We had no idea what we were doing as this was a first for all but two of us. The shoes I wore were like gymnastic slippers with no arch supports, as the lighter the shoe the better or so we thought. For two weeks after I could hardly walk and wondered why had shin splints? Thanks to our early beginnings the 54th Calgary Marathon which is the longest running Marathon in Canada will be held later this year.

Nowadays, it is commonplace to see people jogging and running as there are now hundreds of road races, benefits and charity races and marathons everywhere. Finally, people don’t honk their horns and dogs don’t chase you like they used to. I know because I was there. Until next time remember “It is better to wear out than rust out.”

Greetings Neighbours and Lake Chaparral Residents!

Now that spring is officially here, I know that in our household, my wife and I turn our thoughts to outside yard and property improvement projects. I suspect that we are not alone in this.

Did you know that if you live in Lake Chaparral you have restrictive covenants and architectural guidelines on your properties? I know that most new residents do, as you would have reviewed those covenants and architectural controls with your lawyers when completing the property purchase agreements. But for some long-term residents you may not recall as it’s been some time since moving into the neighbourhood.

These covenants make Lake Chaparral a wonderful place to live and include, most familiar to you, the requirement to pay a yearly fee to maintain the lake property, common property grounds that includes entrance features (the Chaparral Signs) and some other areas of the community. If you are curious as to what areas belong to the Residents’ Association, check in at the lake office.

Many of the other items in the covenants are similar to the City of Calgary By-Laws around residential properties, but are a little more stringent with the eye to maintaining Lake Chaparral as a premier community in Calgary. Fences would be a good example of this. In Calgary, you are not allowed to have your fence fall into disrepair, the same bylaw also applies to Chaparral. What our covenant adds is that the fence must be the same colour and type as was originally put up by the developer Genstar. For most of us this makes no difference as we didn’t have developer supplied fences. For those of us who have a beige perimeter fence (wood or stucco), a corner feature fence, a fence with stone pillars or a chain link fence next to green space, this means we cannot change the fence type or colour. It also means the burden of maintaining that fence is on us as the homeowner whose property it is on.

There are a number of other items covered in the covenants that include swales, garden sheds, and clothes lines to name a few. To add some complexity to this not always well understood topic, Genstar had slightly different covenants applied to each phase of development in Chaparral. If you no longer have a copy of your covenant, it may not match a neighbour’s depending on what phase each of your homes was in. The best way to find out what your specific covenant contains is to find your original document or visit the lake office where the staff have copies of all the covenants available.

When you are contemplating an improvement project for your property, please remember to check your covenant as well as the applicable City of Calgary By-Laws before you begin your project. It’s much easier to remain compliant than it is to have to “fix” something you’ve already built or changed. Again, please contact the lake office with any questions around covenants on your properties. Have a great spring and summer season.

Regards,

Murray Hunt
President, Lake Chaparral Residents’ Association

GREETINGS NEIGHBOURS AND LAKE CHAPARRAL RESIDENTS

MAY 2017

Welcome to the May issue of Running Shoes, Road Races and Runners.

I will comment on one example of a very good local run: the Ginnings Great Race. The Ginnings Great Race is held on September 14th and has become a staple of our community.

The Ginnings Great Race is a 5k run/walk that takes participants through the beautiful Ginnings community in north west Calgary. The race starts at 8:00am at the Ginnings community centre and finishes at 9:30am.

The race is open to runners and walkers of all ages and abilities. Prizes are awarded to the top three finishers in each age category:

- Younger than 12 years old
- 13 to 18 years old
- 19 to 29 years old
- 30 to 39 years old
- 40 to 49 years old
- 50 to 59 years old
- 60 years old and older

Participants receive a Ginnings Great Race T-shirt and a participation medal. The top three finishers in each category also receive a prize.

The Ginnings Great Race is a fun and family-friendly event that encourages community involvement and physical activity. So mark your calendars and get ready to run/walk and have a great time!
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.

2017 CCA MEMBERSHIP CARD

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.

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$20.00 2017 CCA MEMBERSHIP CARD

- Serving Lake Chaparral, Chaparral Ridge and Chaparral Valley

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 ___________________________

Support Your Community Association Buy a Membership Today!
Chaparral Safe Communities Corner

Making Progress, A message from the Calgary Police Service:

In the last few months there has been a significant drop in the number of residential and commercial break and enters, as well as car prowlings in the city.

While the Calgary Police Service continues to work hard to address your crime concerns, it’s important to recognize this progress wouldn’t be possible without community support. We’d like to thank the public for their assistance in reporting suspicious people and keeping their residences and vehicles locked, which has assisted us greatly.

Though the stats are down in comparison to the same time period last year, we continue to see these crimes of opportunity happening. Calgarians are reminded to continue being vigilant and:

- Always remove garage door openers from vehicles parked near your residence. Offenders will often target vehicles that have openers in them to gain access to a residence.
- Secure all of your windows and doors, even if you are home.
- Keep your car keys in an unlikely place, not right beside your door for thieves to easily find.
- Keep irreplaceable documents, photos and items in an unlikely place.
- Get to know your neighbours. Report any suspicious people or activity to police immediately by calling 403-266-1234 or 9-1-1 for a crime in progress.

TH Maintenance Services

Home Repairs and Renovations of all Kinds:

- Drywall installation, repair, taping.
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dohertysb@shaw.ca
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South Health Campus (SHC) Wellness Centre

Spring is in the air! Make wellness a priority. SHC Wellness Centre has a huge range of health and wellness programs. See below for some of the programs happening in May. Registration information and full program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

New this Spring 2017: South Health Campus YMCA Sports Court
The South Health Campus Wellness Centre and YMCA are opening an outdoor sports court for community use: For more information call the South Health Campus YMCA at 403-956-3900.

Emotional Well Being Meditation Drop-in
Every Tuesday 5:00-6:45pm

Drumming Up Wellness
Every Friday 1:30-2:30pm

HeartMath
May 25 6:00-8:30pm

Mindfulness Practice Sessions
May 25 6:30-7:45pm

Understanding the Experience of Grief
May 29 6:00-8:00pm

Employment & Financial Management Skills
Resume Writing
2-part series begins May 6 9:00am-4:00pm

Assured Income for the Severely Handicapped (AISH) Workshop
May 18 11:00am-12:30pm

Health Management Sleep Well Tonight – Improving Sleep
May 16 6:30-8:30pm

Blood Pressure Basics
May 30 1:00-3:00pm

Eating Well with Fatty Liver Disease
May 24 9:00-11:30am

Living Well on Prednisone: Nutrition & Side Effects
May 30 10:00am-12:00pm

Caregiver Support Family Peer Support Program
May 2, 16 & 30 5:45-8:00pm

Parents/Parents to Be Feeding Your Baby
May 11 10:00am-12:00pm

Nutrition for New Moms
May 17 10:00am-12:00pm

Story Time & Play Date
May 19 or 26 10:00-11:30am

Healthy Eating for Pregnancy
May 29 6:30-8:00pm

Food, Nutrition & Cooking Energizing and Healing Foods for your Gluten-free Diet: (Note $Fees apply)
May 4 5:30-7:00pm

I Know I Should Eat Healthy, But How?
May 20 9:00-11:30am

Eating Well for Good Health (2-part series)
May 8 & 15 5:30-7:30 pm

Edible Container Gardening: (Note $Fees apply)
May 10 6:00-7:00pm

Managing Emotional Eating (3 - 2.5hr. sessions)
May 11, 18, & 25 1:00-3:30pm

The Truth about What Works in Weight Management
May 20 1:00-3:30pm

Eating Away from Home during Special Occasions
May 24 1:00-3:30pm

Healthy Cooking: Basics and Techniques (Hands-on)
May 24 5:00-7:00pm

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

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

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

CASUAL BASEBALL FOR ALL AGES AND SKILL LEVELS. Saturday/Sunday afternoons at Chaparral Elementary School. Bring your gear and join us for some family fun. No teams, no cost, no commitment needed. Just show up and jump in. Dates and times will vary so please call or text Jason for more information at 403-671-8058.

CLOTHING GIVEAWAY: Saturday, May 6 10:00 am – 1:00 pm at All Saints Lutheran Church, 380 Midpark Blvd. SE. Spring/summer clothing donations welcomed at the church from May 2-5, between 11:00 am – 3:00 pm. For more information call Retta at 403-201-7500.

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CALGARY FENCE & DECK: We are a trusted and referred leader in wood fence and deck construction. Specializing in fence and deck removal and replacement using pressure treated lumber. Call today for a free on-site quote. 403-461-6682. www.calgaryfence.ca.

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Media- tion 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.

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.

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.

LAWYER/NOTARY: Professional client-centered legal services. Hot water tanks of Attorney, Personal Direc- tives, Family Law, divorce prenuptials etc. Real Estate, and Contract Review. Kimberly DesLandes 212, 20 Sun- park Plaza SE. Call 403-998-7872 or email kdeslandes@shaw.ca.

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.

LOCAL HANDYMAN: Available to complete your proj- ects around the home. Plumbing, electrical, drywall re- pairs, appliance repairs, wall mounted TV’s, concealed audio/video wiring, computer setup and repairs, gen- eral cleanup, landfill trips, seniors discounts. No job too small, free estimates. Reliable, conscientious. Call Alan at 403-660-3170.

JADE COMPON HOME HAIR STUDIO: Experienced London trained hairstyle, working out of a home based studio in SE Calgary community of Sundance. I am a fully certi- fied professional hairstylist, with a fully equipped mod- ern salon. Very reasonably priced with flexible hours. Please call Jade at 403-923-5169 or email cjcompton@ hotmail.com.

ROCK’IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub plant- ing, patios, rock walls, etc.). 25+ years experience, infor- mative, reliable. Call Ken 403-259-5226.

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

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

SPRING FLOWERS, WEDDINGS & BABY SHOWERS! KEEP Collective offers something for everyone, let me help you with the occasion of your life! Birthdays, anniver- sary...birthdays, thank yous, weddings, baby showers, sympathy or illness, grads, special occasions, promo- tions, etc. Call 403-826-4086 or shop keepcollective.com with/katrinarjackle.

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

PIANO TEACHER: Now taking registrations for Fall piano lessons. My home studio is in Walden. I have over 25 years’ experience. I teach beginners up to RCM Grade 5. Private weekly 30-minute lessons. I seek to give positive feedback and encouragement at each lesson. Call or email to arrange a lesson time. 403-457-4126 or placusta@me.com.

LOTUS CLEANING: keeps your home pure and clean with natural, toxin-free cleaning services. Daily traffic on your carpet, rugs, tile, and upholstered leaves behind dirt and grime that has a lasting effect on your family’s health. To book, call/text us at 587-432-6887 or via email info@lotuscleaningservices.ca. Visit us at lotuscleaningservices.ca.

CHILD CARE: Day home in Chaparral offering full-time, part-time, and before-and-after-school care. References provided. Police clearance. 5 years experience. Please call Pippa at 587-891-9450 or email piplingard@hotmail.com with inquiries.

~continued next page~

26 MAY 2017 | Call 403-263-3044 for advertising opportunities

CHAPARRAL | MAY 2017 27

BUSINESS CLASSIFIEDS
IN & AROUND SCHOOLS

Sundance Elementary

The school year may be heading into the last 2 months, but there are still lots of wonderful activities happening at Sundance.

Our wonderful School Choir will be having their highly anticipated Spring Concert on Thursday May 4th. More details on times and ways you can help out with the concert to follow.

Our Grade 6 students will start the Provincial Achievement Tests on May 9th and continue through to June.

The entire school will be taking part in a residency with “Three Left Feet”. This will start on May 15th and continue through to June 2nd.

Kindergarten Orientation for parents will be the evening of Thursday May 11th from 6:30pm-8:30pm at the school. Please plan to attend.

Along with all of these exciting happenings there are many more important dates to note:

- May 1: Zoo trip & 1 French Immersion
- May 3: 9:30-11am Gr 6 Midsum Transition Visit
- May 8: Leighton Centre Gr 2/3 & 4 Regular Program
- May 9: Kindergarten and Gr 6 Farewell photos; class photos
- May 10: Ralph Klein Park Gr 5 (all programs)
- May 17: Sundog Lunch Gr 1-6
- May 19: Movie/book character dress up day
- May 25: Swimming Gr 3
- Jun 1: Additional dates to remember:
  - May 9: School Council meeting: 7 pm – all are welcome
  - May 20: Non-Instructional Day
  - 23: (no school for students)
  - May 24: Volunteer Tea

Hi Ward 14,
The weather is changing, and that usually means some cleaning is in order. Whether it is around the house or in the yard, most everyone does it this time of year, and so does the City of Calgary. So that is the theme for this month: Cleaning!

Cleaning up our rivers

I wish I had a better track record of reminding you about the Annual Pathway and River Cleanup. It is a great event, but this year I fear you are reading this a little too late to sign up. Spots usually fill up fast, and this year it will be on May 7. Oh well, there is still a point to be made.

The pathways and rivers in this city are a huge sense of pride for Calgarians, and I find this is especially true for the people in Ward 14. We just have some of the most beautiful places in the city, and—even if you are not at the annual cleanup—there is really no reason that you can’t pick up some litter to keep it that way. My wife and I make a point to do this every time we go for a walk. It doesn’t take long to find a bin to put it in.

If you want to find out more about the Annual Pathway and River Cleanup visit calgary.ca/pathwayandrivercleanup.

Pothole repair season

As I mentioned, the City does spring cleaning too. For over a month now crews have been sweeping the streets of everything that builds up over the winter. Although protecting your windshield from cracks, and just plain making the streets look good are big reasons they do it, there is another one too. They need clean streets to fix the potholes!

If you know of any potholes, now is the perfect time to get them in the queue for repair. I suggest calling 311, or using the 311 app (which you can get by visiting calgary.ca/mobileapps).

Housekeeping: Dates to be saved!

Here are some important upcoming events:

- Neighbour Day – It will be on June 17 this year, and it is exactly what it sounds like: an opportunity to meet your neighbours. Visit calgary.ca/neighbourday to see how the City of Calgary can help you celebrate.

Ward 14 Communities BBQ – Yes, we will be having my BBQ again this year. Mark September 16 in your calendars, and if you are a non-profit organization interested in being an exhibitor at the BBQ, please email your details to ward14@calgary.ca.

May Counciltalk - Counciltalk will be on May 27 in the main gym at the Queensland Community Centre (649 Queensland Drive S.E.) from noon to 2 p.m. Keep in mind it will be one of only two Counciltalk sessions before the summer break. I really hope I see you at one of them.

That’s all I have to say for May. Summer is just around the corner, so get out and enjoy the clean roads and rivers. As always, don’t hesitate to contact me anytime!
Constituency Updates:
212th Interchange:
The province announced that they will partner with the City and Brookfield Residential Calgary to build the 212th Interchange. We worked hard lobbying the government for this development. THANK YOU to those of you who signed the petition. We had over 760 signatures.

New Schools:
Two more schools will be built in Calgary-South East:
- Cranston elementary (Calgary Board of Education)
- Auburn Bay elementary core (Calgary Catholic School District)
Both schools are scheduled to open in 2021.
I am working with CBE Trustee Stewart and CCSD Trustees Martin and Williams to keep our other needed schools as a top priority.

The Calgary Board of Education recently posted an update on the new South East High School (scheduled to open in 2018). For complete information you can visit their website at http://www.cbe.ab.ca/schools/building-and-modernizing-schools/Pages/default.aspx

For the 2018 school year, the South East High School will offer Grade 10 and Grade 11 programming expanding to Grade 12 for the 2019 school year. Students from Auburn Bay, Cranston, Copperfield, Douglasdale/Glen, Mahogany, McKenzie Lake, McKenzie Towne, New Brighton, and Seton will attend this school.

Events and congratulations:
- Toured Main Road to learn more about snow clearing on our provincial highways (please respect the snow plow operators as they work to make our roads safe!)
- Spoke at the Opening Ceremonies of the U14B Ringette provincials
- Congratulations to Ethan Nielson of Cranston for hosting a fantastic fundraiser for the Alberta Children’s Hospital
- Spoke at the ground breaking for the GoldenLife Management Market Street Village in Seton (A new senior’s complex opening in summer 2018)
- Spoke at the Mahogany Sobeys Grand Opening
- Toured the Calgary Counselling Centre
- Opened COBS Bread in Mahogany
- Congratulations to Shoppers Drug Mart Mahogany and Bone & Biscuit Mahogany for their grand openings

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

As your MLA, I am the conduit between you and the government. My job exists to champion your voice and I do so with humility and respect for each and every one of you. I believe that my constituents don’t want to hear political rhetoric. They want solutions and answers. I have a job because I was elected to serve everyone in our constituency.

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

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