

MAY 2019

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **CHAPARRAL** trailblazer

Bringing Chaparral Residents Together

CCA AGM MAY 14TH

PLEASE JOIN US AT 6:30PM



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GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

The Chaparral Community Association wishes to officially provide notice to the community of our Annual General Meeting (AGM) on Tuesday May 14th at St. Sebastian Elementary, 65 Chaparral Drive SE. The doors open at 6:30 pm for registration with light snacks and refreshments provided, the official meeting is set to begin at 7:00 pm. During this meeting we will review the year that has passed, review association financials, appoint 2020 auditor and elect the 2019/2020 board of directors.

Note we are seeking new Board Members, if you are interested to learn more or to send an expression of interest please email to chaparralcommunity@shaw.ca for more information.

Not a member but would like to join? You can purchase your membership for \$20 at the door OR in advance from our community partner ATB Financial in the Gates of Walden.

Looking Forward

There is no event that goes back further for our community than the annual Chaparral Parade of Garage Sales. First hosted in 1997 by local realtors Peggy Scott and Patrick Krause of Remax First Realty. Today Patrick and his team still continue the tradition on the first Saturday of June. So, mark your calendar and plan to join me on Saturday, June 1st, from 8am – 4pm for some garage sale treasure hunting. I have my fingers crossed

for some beautiful weather. Details to participate can be obtained by emailing the Remax office at info@calgaryrealestate.com

Three years ago, the CCA hosted our first City of Calgary community clean up and WOW has it been successful!! If you can't repurpose it, recycle it or donate it then bring it by on Sunday June 2nd, from 9am-1:30pm located in the laneway in front of Lake Chaparral. Think of it as the landfill coming to you – so load up your vehicle and bring us your junk. Some restrictions do apply, including, but not limited to, large metal items (e.g. BBQs, lawnmowers, patio umbrellas), sod or dirt, household liquids (e.g. cooking oils, chemicals, pain), glass (table tops, pane glass), appliances with freon, propane tanks, tires and car batteries. Can you spare a couple of hours to volunteer for traffic control or loading? Contact chaparralcommunity@shaw.ca to connect.

On Saturday, June 22th, the Chaparral Community Association and the Lake Chaparral Residents Association will be hosting our biggest event of the year. Now in our 11th year, the Stampede Kickoff has become our single largest community event. If you have participated in the past, then we invite you to join us again this year. If you have never been before then we ask; what are you waiting for? Mark your calendar and plan to attend.

See you around the neighbourhood!

Chaparral Community Association's Annual General Meeting

Chaparral Lake, Ridge and Valley residents are invited to attend

Tuesday May 14th 2019

Doors open at 6:30 pm

Meeting starts at 7:00 pm

Light refreshments will be served



CCA 2018/2019 MEETINGS

All residents of Chaparral Lake, Ridge and Valley are invited to attend. We meet in the learning commons of St Sebastian Elementary, on the second Tuesday of the month from 7-9 pm.

- May 14th - AGM
- June 11th

COMMUNITY CLEAN UP

Sunday June 2nd 9:00am-1:30pm

The Chaparral Community Association, in partnership with the City of Calgary, will be hosting a community clean-up. This is an excellent time to rid of those items you have been meaning to take to the landfill but just didn't get around to it. Look around your home, property and back alley and consider bringing it to the cleanup located in the laneway in front of Lake Chaparral @ 225 Chaparral Drive.

Chaparral collected over 30,000 kg in household waste and organics last year.

Can't make it to the community clean-up? Calgary landfills move to summer hours

From April 1 to October 31, City landfills will run extended operating hours. All locations have a residential Throw 'n' Go area. Visit calgary.ca/landfill for driving directions and hours of each landfill site.

VOLUNTEERS NEEDED

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

Community Clean-up coordinator: The CCA will host a City of Calgary community clean-up day on Sunday June 2nd. We are looking for a volunteer(s) who will help organize recycling vendors, recruit and organize volunteers and help run the day of event.

Chaparral Ridge Representative: As the Ridge representative you would liaise any concerns specific to the Ridge to the CCA. Duties would include receiving and responding to emails and attending monthly meetings when possible.

Safe Communities Initiative: Building Safe Communities (BSC) uses a community development approach to support resident-led strategies on crime prevention and

safety. We are looking for a volunteer who is interested in working with the Federation of Calgary Communities BSC model to impact crime and safety and increase resident engagement.

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 terrific 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

- 92 Chaparral Drive SE
- 96 Chaparral Drive SE
- 225 Chaparral Drive SE (inside Lake Chaparral building)

CONNECT TO THE CCA

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



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 Amy at editor@chaparralcommunity.com.



TEEN BABYSITTERS

Christina	24	Sophie	13
Brandon	15	Emma	14
Kearna	15	Jenna	14
Alia	14	Anais	14
Tess	15	Kathleen	17
Abby	13	Clara	16
Emily	15	Eileen	14
Alisha	15	Julia	14
Alyssa	14	Brooklynn	13
Tessa	14	Brooke	16
Lauren	14	Rylee	13
Kelsey	14	Ashlyn	12
Maya	11	Jayden	13
Petrina	15	Kaitlyn	11
Jeanette	15	Faye	17
Francesca	15	Katie	13
Ava	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 editor@chaparralcommunity.com



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CCA BOARD OF DIRECTORS

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Secretary	Fazeel Elahi	secretary@chaparralcommunity.com
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Director	Marilyn Houston	director2@chaparralcommunity.com
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Traffic	Gabe Rioux	traffic@chaparralcommunity.com
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Director	Stephen Lloyd	director4@chaparralcommunity.com
Valley	Andrew White	valley@chaparralcommunity.com

VOLUNTEERS

Trailblazer Editor	Amy Nogas	editor@chaparralcommunity.com
Community Garden	Jolene Ottosen	chaparralgreenthumbs@gmail.com
Adopt a Rink Coordinator	Andrew White	valley@chaparralcommunity.com
Community Clean-up Coordinator	OPEN	
Block Party Coordinator	OPEN	
Safe Communities Initiative	OPEN	
Sports and Recreation	Austin Cowley	
CCA Representative for Trico	Thomas Wimmer	director1@chaparralcommunity.com
CCA Representative for Cardel Rec	OPEN	
Chaparral Ridge Representative	OPEN	
Chaparral Lake Representative	Anton Ovtchinnikov	lake@chaparralcommunity.com
Chaparral Valley Representative	Andrew White	valley@chaparralcommunity.com

LAKE CHAPARRAL CONTACTS (NOT AFFILIATED WITH THE CHAPARRAL COMMUNITY ASSOCIATION)

Administration	Linda Milot	office@lakechap.ca
Residents' Services Manager	Ava Kalaschnick	manager@lakechap.ca
Board of Directors	General Email	cra@lakechap.ca
Facility Assets Manager	Jen Voros	maintenance@lakechap.ca

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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 Residents' Services Manager, Ava Kalaschnick, 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.



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 necessary. 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!

We meet on Wednesday mornings from 09:00 to 11:00. Our current session started Wednesday, April 3rd and will end June 19th. Registration is preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.

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Chaparral

COMMUNITY ASSOCIATION

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Membership Matters

Successful, healthy communities are generally those with active and sustained membership and involvement of the community residents. Often a strong membership representation is an indication that our association is serving the needs of the community and is therefore, valued and supported by its residents. Your support today is important and ensures new energy to continually address community issues.

What your Community Association does for you...

• Programs and activities put on by the CCA

(Stampede Kick-off Breakfast, Neighbour Day Chaparral Block Party, Festival of Lights, to name a few)

• Social, environmental and civic affairs

(Advocating for traffic signal lights and crosswalk Rapid Movement Flashing Beacons (RFB), Safe Communities initiatives, Development Permit Applications, Financial Wellness presentations, Trailblazer, Traffic & Zoning Issues)

• Government Liaison

(With the City of Calgary and Government of Alberta)

• Weigh-in on Commercial Applications

(Bottle Depot, Telus Cell Tower, BFI Canada Inc., Inland Cement and local based businesses)

• Insurance and Administration

(Covers annual operating costs and applicable insurance cost to operate yearly)

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

The cost of membership is **\$20.00 for one year**. The value of the Community Association is to represent you and keep you informed of important events and factors affecting the community as a whole. Please consider becoming a member if you are not already one. We are a non-profit organization and your membership goes towards community events, programs, and operating costs as mentioned above.



CHAPARRALCOMMUNITY.COM

WEBSITE IS UNDER CONSTRUCTION



CHAPARRAL COMMUNITY ASSOCIATION MEMBERSHIP

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

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

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

Memberships valid for 1 year from date of purchase.

MEMBERSHIP APPLICATION FORM

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

ADDRESS: _____

HOME PHONE: _____

E-MAIL: _____

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

Support Your Community Association Buy a Membership Today!

\$20.00

2019 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
2019 Family Membership Card

The _____ Family

CCA Membership Representative

Membership Expires _____
expires one (1) year from date 126

WHAT'S HAPPENING AT THE LAKE



CHAPARRAL RESIDENTS' ASSOCIATION AT LAKE CHAPARRAL

Park Hours: 9am – 10pm

(403) 254-4148

office@lakechap.ca • www.lakechap.ca

With winter 2018 finished and hopefully a nice spring here, we are very happy with the excellent conditions mother nature afforded us for our ice this past few months. Hopefully you were all able to go out and enjoy some quality time at the lake.

As the new season emerges, we want to remind everyone to be checking the lake for updates as to the safety of the ice as things warm up.

NEW MANAGEMENT TEAM AT CRA

Ava Kalaschnick is our Residents' Services Manager. Ava comes to us with an extensive background in recreation direction.

Jen Voros is our Facility and Assets Manager. Jen comes to the CRA with an extensive background in lake community maintenance and a hugely enthusiastic attitude.

Please stop in and say hello to our new team!!!

CRA DATABASE UPDATE

Over the past month, our office staff has been actively creating a resident information data base. If you get a call, please help them out so they can update your information. Please note, the CRA does not share our information with 3rd parties. The CRA does abide by all CASL laws regarding email information. Why do we need this information? We need this information to communicate effectively with our residents about the CRA and its facilities and assets, and emergency response if needed.

SAFE USE OF ICE

Please observe the Flag Warning:

- Red Flag – Water Front/Lake Ice is Closed
- Green Flag – Water Front/Lake is Open for use

Check our frequently updated Facebook posts for the most current information at www.facebook.com/lakechaparral as well as, on our website www.lakechap.ca

MEMBERSHIP CARDS

We ask that you please remember to bring your lake cards to the lake every time you come – with our new system you must have your membership card to access the facility. If you have lost your lake card, please come in to get a new one; there is a \$5 charge for a new card that is less than 3 years old. **HELPFUL HINT: GET A LANYARD AND PUT YOUR LAKE CARD IN IT. KEEP IT ON A HOOK IN YOUR MUDROOM OR BACK DOOR – THIS WAY YOU ALWAYS KNOW THE LOCATION OF YOUR LAKE CARD.**

FACEBOOK

Please feel free to follow us on Facebook. In the near future, we are looking at upgrading our page to better serve the residents, so please stay tuned for some announcements in the coming months.

WEBSITE

We continue to improve our website to better serve our residents. Check out our website to see how we are improving the website for resident information and communication. www.lakechap.ca

DROP-IN 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/ Thursday 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 Kilometers?

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.

Devotion Danceworks

Program registration is now open!

Classes available in Ballet, Jazz, Tap, Musical Theatre and Hip Hop

Ages 2 and up. To Register and for more information please visit our website at www.devotiondanceworks.com or by contacting Elizabeth Rieb at (403) 828-9675 elizabeth@devotiondanceworks.com

Yoga with Tanya

Tuesday & Wednesday Mornings 9-10:15am

Thursday Evening 7-8pm

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. For more information and to register please call Tanya at 403-805-6558 or email tanyayogagirl@gmail.com

Lake Chap Playgroup

Wednesday's 10:45am – 12:30pm

October 3, 2018 – May 29, 2019

Interested in having the little ones in your house have something to do for a few hours on Wednesday Mornings? Also, interesting in meeting other parents in your neighborhood? We now have a Lake Chap Playgroup in our downstairs room. This is a parent run group and parents are expected to stay with their children during the play group.

Contact the office at office@lakechap.ca or 403-254-4148 for more information on the Lake Chap Playgroup and how you can become a part of it!

Young Rembrandts Drawing Program

September 14, 2018 until June 21, 2019

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 at www.youngrembrandts.com/southernalberta

Email – Calgary@youngrembrandts.com

Phone – 403-457-DRAW (3729)

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

Taekwondo (NEW)

April 4, 2019 until June 27, 2019

Thursday's from 7-8:45 pm

TAEKWONDO PANDA (Aged 3 to 6 year old), 7-7:45PM. This class is designed to introduce the little warriors to martial arts. Structured and age-appropriate Taekwondo classes incorporate games, fitness, social skills, meditation and relaxation techniques. Our unique approach helps children discover their potential and gain confidence while having a lot of fun.

ALL OPEN TAEKWONDO (Aged 7+), 7:45-8:45PM. This class focuses on helping our students set up goals and achieve them through a step-by-step, structured Taekwondo program. Some of the skills to be learned includes:

- Basic TaeKwonDo Skills – Blocks, Kicks, Punches, Stances, Fundamental Movement, Patterns
- Basic Self Defence – Awareness, Evasion Techniques, Applications
- Child Safety – Help your child deal with bullying
- Fitness – Flexibility, Strength, Endurance
- Life Skills – Goal Setting, Confidence, Indomitable spirit, Leadership, Discipline, Respect

To register visit www.energymartialartsstudio.ca

Email - emastakwondo@gmail.com

Phone - 403 -922 -8949

SUGGESTIONS FOR MAKING OUR FACILITY AND SERVICES EVEN BETTER

Our Chaparral Residents' Association Board of Directors is always open to hearing suggestions to make resident experience at our facility better. Feel free to email us at cra@lakechap.ca anytime. If you aren't signed up with the lake to receive emails, please consider doing so, this way you can keep current with what the CRA Board is working on and share your voice with the CRA Board.



Soil: The Most Important Garden Basic

May is the gardener's month! Even if it is sometimes still too cold to plant for much of the month, there is still a lot we can do, especially getting our soil ready for the year.

The easiest way to get the most out of your garden with the least amount of work is to start with good soil that will feed your plants as they grow. Yes, you can buy fertilizer that says it will do that, but the best food for your plants comes from the soil. Unless you are buying natural supplements, most fertilizers are synthetic, and while they may initially make plants seem healthier, very little is absorbed by the plant, leaving the rest to find its way into our water system and wreak havoc there. Once the plant has used up the quick shot of available nitrogen that did reach its roots, it begins to weaken as it waits for its next "fix," instead of working to draw more nitrogen from the soil. Instead of creating a garden full of nitrogen junkies, starting with nitrogen rich soil, which includes a healthy balance of carbon, is a much better choice.

Healthy soil is soft to the touch and easy to dig in, crumbles apart when crushed with your hand, isn't too sticky or gummy when wet, yet holds moisture well. If you are starting from scratch and can afford it, top quality soil is worth buying, however, most of us either can't afford it or have established plants so we need to amend, not replace. Some people test their soil to see what it needs, which you could do, but unless your plants are struggling under ideal conditions, I wouldn't bother and would just start with adding basic organic matter which would benefit any type of soil.

Compost is often the most effective and cheapest way to add organic matter to your garden that will add nitrogen and microbes, which will feed and your plants and add to their overall health. If you compost at home, it is also the cheapest way to go. If you don't make your own, you can pick up **free compost from the city's green bin program at the Sheppard Landfill on three Sundays this month, May 12th, 19th, and 26th** dur-

ing normal hours of operation. Make sure to bring something to put the compost in and come ready to fill those containers yourself. If this option doesn't work for you, compost can be found in any garden centre or delivered to your home in large quantities if you need it. Perhaps a group of neighbours could get together and share the cost of the delivery of a large bag. Don't forget that once you have compost, you can also use it to further amend your soil throughout the season by making compost tea.

Peat moss is another common type of organic matter that people add to their soil, as it is fibrous, and can help lighten compact soil and retains water well. However, be cautious – peat moss is moss that has decomposed without the presence of air, which means it is sterile, bringing no healthy microbes with it. Also, it breaks down very slowly, which means it doesn't really add any nitrogen to your soil and would need to be used in conjunction with something else, like compost. Peat moss is also acidic, and most plants do not want or need the added acid. Finally, the harvest of peat moss is also somewhat controversial as the process they use to mine the moss releases large amounts of carbon into the atmosphere, with the exposed bogs continuing to release carbon long after the mining is complete. While there is a place for peat moss in gardening, all of these factors lead me to believe that compost is a better bet for the health of both your plants and the environment.

Manure is another traditional organic soil additive, but it also requires caution when used. Vermicompost, or worm poop, is my favourite form of manure to add to the garden as it is incredibly nutrient rich and safe to use with a little bit going a long way. With other manures, you need to make sure they are well aged, as fresh manure can burn your plants, and you also need to be sure that that your source is herbicide free, because whatever herbicides the animal ate can still harm your plants. I have had good luck with sheep manure in the past but have also lost plants to herbicides that were in manure I purchased, so use with caution. Green manure is a safer

alternative but requires a little more planning, because the term refers a crop that is grown with the intent to dig it into the soil before it is mature, adding organic matter as it decomposes. Peas, clover, buckwheat, fall rye, and a variety of legumes are good options for this.

After planting you can continue to boost your soil by adding mulch or wood chips to cover. Over time this will break down and add organic matter to the soil, but before this it will help your soil retain moisture, shade the roots, regulate temperature both in the summer and winter, and help keep weeds at bay, which means less work for you over the gardening season.

Happy gardening!

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/oremailusatchaparralgreenthumbs@gmail.com>.

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When Ignorance is Bliss

The recent Teacher's Convention reminded me of the power of teachers and the responsibility of developing young minds and self-esteem that is an important part of a successful career. In the January 2012 Chaparral Trailblazer, I spoke about my special teacher and I would like to repeat the article for you this month.

Every one of us can remember that special teacher who made a difference in our lives, because he or she connected with us, in just the right way. Mine was my grade 4 homeroom teacher at Queens Park Elementary school by the name of Mrs. Aldous. She was special because she made me feel important, inspired me to learn with her patience, was loving and caring and understood that this little boy was a year younger and less mature than the rest of the class. My following story will show you why she was special.

In the mid 1950s all elementary schools in Calgary were invited to enter their grade 4 classes in the Music Festival for the chance to win prizes and certificates of recognition. The Calgary Board of Education Music Consultant, Mr. Mosset picked the song, which in 1954 was "Little John Bottle John." One of the things I have never been able to do is sing or carry a tune properly, as I've been told, I'm tone deaf! Anyways, after several days of practice, Mrs. Aldous came to me in private and said, "Lawrence I've chosen you for a very special job and I don't want you to tell anyone else. I want you to be my professional listener. I will put you in the middle of the back row and I just want you to mouth the words of the song and listen for anyone else in the class that is singing off tune." Boy, was I excited and felt very important. After the next round of practice, she took me aside again and said, "Did you hear anyone off tune?" I said, "Yes, I think so – it was in front of me and over in that corner." She said, "Good for you, because I heard it too."

I remember running home that day and telling my parents how special I was because of the important job

Mrs. Aldous had given me! It wasn't until years later that I realized how wonderful and caring Mrs. Aldous was for protecting the feelings of a little boy and consequently, developing his self-esteem.

Now for the rest of the story!

Forty years later, I'm the assistant principal at James Fowler High School in Calgary, which is just down the street from Queens Park Elementary school. They are celebrating their 50th Anniversary with an afternoon tea party and all the former students and staff are invited back. One of the retired teachers is my special one, Mrs. Aldous. I introduced myself and told her my story. She smiled, gave me a hug, took my hand and said, "Lawrence I used that technique all my teaching career, as all of my students were special."

Take care,
Lawrence King, Director of Education



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MAY

May 5 - Cinco de Mayo 🪄
May 12 - Mother's Day
May 20 - Victoria Day

*Happy
Mother's
Day!*

CHAPARRAL HOUSING MARKET HIGHLIGHTS

(Year to Date)

DETACHED

High \$895,000

Low \$350,000

Sold 24

ATTACHED

High \$405,000

Low \$324,500

Sold 4

CONDOS

High \$250,000

Low \$250,000

Sold 1

Avg. days on mkt. 65

Avg. days on mkt. 49

Avg. days on mkt. 45

Stats current as of March 31, 2019. For present-day market sales information in your community, please call us at (403) 256-3888.

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Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca




PEACE LUTHERAN CHURCH
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--	--------------------------------

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The Unimposing House Finch

by J.G. Turner



The House Finch (*Haemorhous mexicanus*), a passerine (a song bird), is found year-round across the southern part of western Canada, and throughout the United States and Mexico. Their range in Alberta is expanding northward.

It is a medium-sized finch (about the size of a House Sparrow) with a brown-streaked back and wing, and narrow dark stripes on its whitish under parts. The male's head, throat and rump are generally a pink-red. The female is easily mistaken for a female House Sparrow. Its tail is relatively dark brown, long and squared. The bill is short and thick, cone shaped, an obvious seed-eating bill. They eat seeds from plants, as well as buds, leaves and fruits. They can feed and drink while hovering!

This little songbird is very adaptable in terms of where it will live; including finding a home in deserts, grasslands, orchards, open woods, towns, cities and rural properties such as ranches. It will make its compact little woven nest in a bush, tree, natural cavity or building. They form breeding pairs and lay 6 to 8 eggs (lavender with black spots).

Fun Facts:

- The male House Finch colouring can range from deep red to golden yellow, depending on what its diet was during moulting!
- When it flies it makes several fast wingbeats then has a brief period when it pulls its wings pulled in against its sides.
- This bird's song is a warbling one, with notes ending with "zeee".
- One can find House Finches hanging out with a group of House Sparrows, alone or in pairs.
- A group of House Finches are called a "development" of finches.
- If you want to attract these little birds to your backyard feeder, try tempting them with nyger or millet seed and shelled sunflower seeds.

If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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May in Fish Creek

Every Brick Tells a Story

Community members have dedicated over 200 Anniversary bricks since 2017. The brick pathway in front of the Cookhouse here at the Bow Valley Ranch is an everlasting reminder that so many people care greatly about the sustainability of this park. Bricks have been dedicated as gifts to friends and family members, in celebration of an anniversary or the birth of a child, as a memorial to a loved one who passed, and for many other reasons. Bricks in the Third Phase of the pathway are selling out quickly and there are fewer than 40 spaces available. To dedicate, your brick today visit www.friendsoffishcreek.org/brick

Planting for Pollinators – How Native Plant Species Beautify Your Garden and Attract Pollinators

Thursday, May 16, 2019 7:00 pm – 8:00 pm

Fish Creek Environmental Learning Centre Shannon Terrace, Fish Creek Provincial Park

Presented by Catherine Dowdell of cath-earth-sis Services Inc.

Catherine Dowdell is an International Society of Arboriculture Certified Arborist, a Red Seal Endorsed Landscape Horticulturist, holds a Certificate in Sustainable Landscapes from the University of Guelph, and cath-earth-sis is the first business in Calgary to become a Bee City Canada Business. Planting for pollinators in residential and commercial areas in Calgary is an opportunity to attract native bees, butterflies, and birds to connect the green corridors within the city, giving pollinators the habitat they require without interruption. Registration is required. www.friendsoffishcreek.org/event/may

Capture Nature Photo Contest runs May 1 to July 31

Let the beauty of Fish Creek Provincial Park inspire your photographic creativity in this friendly competition to capture the best park photo of the year! In its 5th year,

the Friends' Capture Nature Photo Contest is a great excuse for anyone with an interest in photography – youth and adult alike – to visit the park on a regular basis in the hunt for the best reflection of this year's new and inspiring themes: Symmetry, Lunch!, Movement <https://friendsoffishcreek.org/programs/capturenature/>

Good Grief: Nature Walking Through Grief and Loss

Being outdoors provides many healing benefits; it allows us to breathe, reflect and connect with our natural surroundings, and while we may not even be aware of it in the moment, the benefits are there. Parks and nature also connect us to the cycles of life and death, reminding us of endurance, beauty, and the only constant – change. Good Grief is an 8-week series of gentle walks brings together people moving through the shared experience of loss with the intent that they will find support from each other, their community and their time in nature. www.friendsoffishcreek.org/programs/wellness-clinics

Creekfest – Your Local Park's Day Event!

Saturday, July 20 11:00 am – 4:00 pm - Bow Valley Ranch, Fish Creek Provincial Park

Creekfest is an important component to the Friends' Watershed Public Awareness campaign, designed to raise awareness within local communities about preserving and protecting our local watersheds, and to strengthen our message of environmental conservation. We are pleased to welcome local children's performers Rattle and Strum to Creekfest for the first time this year! For more information stay tuned to www.friendsoffishcreek.org/event/creekfest

The Amazing Step Up 4 Calgary Kids Race

Presented by CIBC, NSTEP

(Nutrition Students Teachers Exercising with Parents) and the Friends of Fish Creek

Saturday, June 1, Hull's Wood, Fish Creek Provincial Park

This spring, NSTEP and the Friends of Fish Creek are teaming up in support of children's health and invite you and your family to take part in the Amazing Step Up 4 Calgary Kids Race! Both NSTEP and Friends of Fish Creek donations will be leveraged through Shaw Birdies for Kids presented by AltaLink to provide up to 50% in matching dollars on all donations raised. Friends of Fish Creek BFK donations will support the TD Learning Naturally Program in Fish Creek Provincial Park. To register visit www.events.runningroom.com



It's Spring Cleaning Time

A message from the Federation of Calgary Communities

Did you know that the City of Calgary helps support community associations in helping residents clean up the neighbourhood? Residents can attend their Community Cleanup event and throw out waste, saving you a trip to the landfill.

The service is free, and the purpose is for items that are not acceptable or do not fit in the regular waste (black carts) and recycling (blue carts) to be taken during a Community Cleanup. You can call your community association or go online to the official City of Calgary website to find a cleanup near you!

Acceptable items include:

- Furniture
- Yard waste (organic trucks will be available)
- Broken/unusable products like gym equipment
- Toilets

You and your neighbours can also organize a litter clean up. The City of Calgary provide kits that include garbage bags, gloves and hand sanitizer. You can pick up these kits at any City of Calgary leisure and aquatic centre.

You can get outside, meet neighbours and achieve a cleaner community at the same time!

Happy Spring Cleaning!

Attention 1969 Graduating Class of St. Mary's Boys and St. Mary's Girls High Schools

We were the Calgary kids of the late-'60s. We graduated from St. Mary's Boys and St. Mary's Girls high schools in 1969.

50 years later, we're getting together to tell old stories and new. To see who's put on weight, who's healthy... and who died. To look at kids' and grandkids' pictures, now all grown up. To talk to old boyfriends and girlfriends and wonder 'what was I thinking?'... or 'Maybe now...?' To assess all the water gone under the bridge and wonder what's coming next.

A few things have changed:

- Illegal marijuana became commonplace. Now legal dope is every place.
- The World Trade centre began construction. 50 years later it's a different hole in the ground...
- The Leafs won the cup for the last time. Um... no change there.
- The first SuperBowl filled a Sunday. The 53rd Superbowl bored a Sunday.
- Trudeau was elected. Trudeau was elected.
- Vietnam raged. Ex-GI's now holiday in Hanoi.

The kids of two former schools: St. Mary's Boys and St. Mary's Girls, are gathering for a GabFest and BBQ on a sunny day in mid-September 2019, 50 years later. If you were there from '66 - '69, contact rlucy@createmylegacy.com.

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Chaparral Real Estate Update

Last 12 Months Chaparral MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
March 2019	\$437,400	\$427,000
February 2019	\$434,000	\$420,000
January 2019	\$434,950	\$429,500
December 2018	\$432,450	\$426,250
November 2018	\$475,000	\$460,000
October 2018	\$496,700	\$479,000
September 2018	\$475,950	\$465,750
August 2018	\$545,000	\$535,000
July 2018	\$497,400	\$481,500
June 2018	\$529,900	\$518,000
May 2018	\$494,700	\$487,000
April 2018	\$499,900	\$490,000

Last 12 Months Chaparral MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
March 2019	23	7
February 2019	12	10
January 2019	19	7
December 2018	6	7
November 2018	14	12
October 2018	15	9
September 2018	18	9
August 2018	14	6
July 2018	21	9
June 2018	25	14
May 2018	24	13
April 2018	23	10

To view more detailed information that comprise the above
MLS averages please visit cha.mycalgary.com



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About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar; Unique wines with a story - of people, place or style. It tells of artisans making reasonably priced wines (under \$50 retail) all the while demonstrating careful Earth consideration.

2017 Bodegas Verum (BV), Malvasia (bodegasverum.com)



About the Region: One hundred km southeast of Madrid, Spain, BV sits at 660 metres above sea level on the Castilla-La Mancha (C-LM) Plateau. High, flat and breezy, it features the largest area under vine, combined with the highest yield, of all the world's wine regions.

About Terroir: C-LM's Continental climate (hot summers/little rainfall), enables vigorous vine growth. Its calcareous stony soils providing effective drainage, arid conditions offering vine stress, prevailing winds contributing cooling and aeration.

About the Estate: Founded in 1788 by the López-Montero family, BV has traditionally grown the Airén grape for making higher-alcohol spirits (Orujo, brandy). In 2004, under direction of precocious son Elías, the family diversified into small-scale wine production.

About the Winemaker: After earning a Masters of Viticulture in Rioja, Elías interned at Aalto (Ribero del Duero, Spain) then at Bergkelder (Stellenbosch, S. Africa). Acknowledging C-LM's bulk-wine reputation—and recognizing its opportunities—the then-24-year-old inquisitive Spaniard embarked on improving reality; through strategic planting, better vineyard management and selective yield. Sectioning off the bodega, Elías planted varietals unfamiliar to C-LM (Graciano, Malvasia, Mazuelo, Tinto Velasco), with best production reserved for markets abroad. In 2018 (February), Decanter Magazine recognized Elías López-Montero's efforts, naming him one of its "Ten next-generation Spanish winemakers to know."

About the Grape: Pronounced "Mal-VA-sia," it can be either red or white. Partial to warmer climes, vine historians believe it to have originated on the Greek Island of Crete during the Middle Ages. Proliferated throughout the Mediterranean by Venetian traders; Malvasia is used to make Still, Sparkling (Champagnino/Italy), and Desert (Madiera/Portugal) style wines.

About the Wine: Made from white Malvasia, the lovely golden appearance impresses. Viscous on the swirl, aromas of flowers and orchard fruits impress. On the palate, the nicely weighted tongue of ripe peaches and apricots leads into a crisp, mineral-based finish.

About Pairing: Gouda-stuffed chicken, seafood paella/linguine, fruit & cheese salad.

About Closure: Cork

About Sustainability: Certified Organic (E.U.). Suitable for Vegetarian and Vegan diets.

About Alcohol Level: 13.5% (abv)

About Availability: Check liquorconnect.com (call the listed store too) confirming availability.

CSPC #787716



Squirrels are one of the top threats to power grids, so much so that the American Public Power Association tracks data of squirrel incidents which they call "The Squirrel Index." Some commentators have joked that squirrels are bigger cyber terrorist threats than foreign powers.

10 Tips for Dating Safety

by Lorna Selig, Personal Safety and Self Defense Facilitator

Dating can be a wonderful and exciting experience, or it can be an outright disaster! Either way you experience it, make sure you have your wits about you and take precautions for keeping yourself safe.

1. Let your people know where you are going, and with whom, and when you expect to be home. Provide the name and number of the person you will be meeting, and the exact location of your date. If anything changes, keep your people updated.
2. Use your own transportation. Never ride in a vehicle with someone you are just meeting. You need to keep your home address private, and if you need to make a quick getaway, you can!
3. Meet in a well-lit public place. A coffee shop, a restaurant or event where there are people, lights and activity.
4. Never leave your food or drink unattended. Accept a drink only from a bartender or waitress and keep it with you.
5. Stay sober and alert! Every. Single. Time!
6. Protect your personal information—keep your wallet and phone with you, and do not offer any details about where you live or work.
7. Establish your personal boundaries in advance of the date. Plan for when you will leave, and how you will get home, even if you are having a good time. Decide on what type of conversation and interaction you will welcome, and what you won't. Be solid in your decision.
8. Google them. Find out what kind of activity they engage in online, if you have any reservations, cancel the date.
9. Follow your gut. If you feel reticent or uncomfortable, leave the situation. DO NOT worry about hurting someone's feelings...it is better to offend them than be harmed.
10. Take a self-defense class. Learn the skills for awareness, avoidance and escape.



South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health & wellness programs (mostly free!). See our Spring/Summer Program Guide for a full list of programs, descriptions and registration information at <http://www.ahs.ca/shcwellness> or call 403-956-3939.

FEATURED PROGRAMS

Living Well on Prednisone May 14 10:00am-12:00pm

Do you take corticosteroids (Prednisone) and find it challenging to manage side effects such as increased appetite and weight gain? Do you want to take extra steps to help protect your bones? Learn about how corticosteroids affect your body and how your diet can help manage some of the side effects.

Talking with Your Family About Cancer May 29 6:00-7:30pm

1 in 2 Albertans will have cancer in their lifetime. Knowing how to have meaningful conversations with your family members about cancer and your treatments may be challenging. This presentation will provide tips for talking with children, teens and adults while exploring the 5 – W's to help you begin.

Mind Fit! May 31 10:00-11:30am

Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun and informative presentation called Mind Fit where you will learn about proactive ways to enhance cognitive functioning. This presentation includes engaging group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program, as well as trivia, Name that Tune and logo identification!

Parkinson's Speech and Swallowing Disorders June 3 10:00am-12:00pm

For people diagnosed with Parkinson's and their families to learn about: How speech and swallowing can be impacted by Parkinson's Disease, what normal speech and swallowing look like and how things change, and when to see a speech –language pathologist to help diagnose and treat problems when they arise.

Ask Charles

I've recently started hearing reports about radon in Alberta homes. If I'm buying a home in Alberta, is it something I should be concerned about?

You're right to be asking this question. A lot of people aren't familiar with radon, but they should be.

Radon is an odourless, tasteless, colourless radioactive gas that is the by-product of uranium decay. Uranium occurs naturally in soil and rock formations, and places with higher than normal uranium deposits, such as Alberta and Saskatchewan, have higher radon levels.

Radon seeps through the earth and into basements, where it can become trapped because of the efficient way our homes are sealed from the outside elements.

Prolonged exposure to radon can lead to health problems, including lung cancer. In fact, after smoking, radon gas is the leading cause of lung cancer.

Unfortunately, there's not much that can be done during the offer and negotiation phase of a real estate transaction because reliable radon tests take 90 days to complete. That's much longer than a typical offer to purchase timeline including time for condition removal.

However, some Alberta homeowners are having their homes tested for radon knowing what a serious health issue it is. If you find a home you're interested in, ask the seller if they've had their home tested and ask for

the test results. If the radon test showed high levels of radon (higher than 200 Becquerel), that's considered a material latent defect that **MUST** be disclosed to prospective buyers unless a radon mitigation device is installed prior to listing.

The good news when it comes to radon is that it's a solvable problem. Even if you fall in love with a home that hasn't had a radon test or the results are high, a radon mitigation device can be installed to vent radon gas outside the home from the basement. Mitigation costs vary but are often not more than \$2,000-\$3,000. Hire a Certified Radon Technician to install the device to ensure it's done properly.

If you buy a home that hasn't had a radon test done, we encourage you to proceed with a radon test within 90 days of possession. This is health issue, and radon testing, and mitigation is money well-spent. For more information about radon, go to Health Canada's website and search "radon."

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



Celebrate with Your Neighbours on June 15: Neighbour Day 2019

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year Neighbour Day falls on Saturday, June 15.

The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019, The City has waived fees for block party permits. Please note the deadline to apply for these permits is May 24, 2019.

The City welcomes all Calgarians to celebrate and encourages as many people as possible to host local community events. Neighbour Day is an opportunity for communities across the city to come together in the form of barbecues, block parties, cleanups and potlucks in order to meet their neighbours and celebrate where they live.

Neighbour Day originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. It has evolved into an annual celebration of what makes Calgary such a great city—our strong and caring communities.

For more information, visit calgary.ca/NeighbourDay.



The carnation, a common flower in bouquets, is also known as dianthus.

The name allegedly was created by Greek botanist Theophrastus 2000 years ago, and it is made up of the two Greek words dios (divine) and anthos (flower).



The Power of Positive Self-Talk for Young Athletes and Dancers

by Brianna Thorogood, office manager at a dance studio in SW Calgary

There is one rule of thumb that we like to follow when we are encouraging young dancers—treat yourself as you would your best friend. Sometimes we need to take a step away from ourselves, not just kids but adults too, and realize that we've got a negative radio show happening in our heads!

So, we say, "treat yourself as you would your best friend". We treat our best friends with kindness, support, and love. We try to teach our young dancers and athletes to treat themselves this way too. Be gentle and encouraging with yourself and with others. It's amazing how thinking with a positive mindset can change everything! Instead of "I can't do four pirouettes" or "I won't be able to run that far" try "I'm going to try my best to do four pirouettes" or "I can definitely run that far".

We encourage kids to train their minds as well as their bodies. You can train so hard, for hours and hours and still have something holding you back. Having a positive mindset and positive radio station playing in your head can be the difference between achieving your goals and staying where you are.

Not only can this positive self-talk help with a healthier mindset, but it can also relieve stress!

So, encourage your athlete to try something new today...encourage them to treat themselves like a best friend; try speaking kindly to themselves!

"I will try my best and lean on my teachers and teammates for support." You'll be surprised what a simple mindset shift can change.

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Coexisting with Bobcats

by Lisa Dahlseide B.Sc.

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km². Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing “nature to take its course” with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.

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“ Cat got your tongue? ”



Meaning: A question posed when someone is silence in response to a previous question or statement.

Origin: The origin is unknown. Some theories of its origin are that it stems from fear of witches and their black cats, the name of a whip called cat-o'-nine tails, or the fable that ancient kings would cut off the tongues of liars and feed them to their cats. None of these theories are substantiated, however.



May Programs for Kids

Young Artists in Residence at the 32nd Annual Exhibition of Children's Art

Join us for our 32nd Annual Exhibition of Children's Art from May 2-16, 2019 at the Municipal Building Atrium (800 Macleod Trail S.E.). Come celebrate sculpture, painting, drawing and mixed media artwork, all created by young artists aged 3-17 from North Mount Pleasant and Wildflower Arts Centres. On May 2 our artists will be in residence, talking about their work. Everyone welcome! Details at calgary.ca/calendar.

Register Now for City of Calgary Spring & Summer Recreation Programs

Try something different. The City's Spring & Summer Recreation Program Guide has 1,012 affordable ways to have fun. Choose from day camps, swimming, arts, dance, fitness, sports, sailing, golf and more! There is something for everyone in your family. Registration is now open. Find your fit at Calgary.ca/register.

Summer Day Camp & Playschool Registration Now Open

Registration is now open for City of Calgary day camps and year-long Playschool. Budget-friendly quality children's programs are available at City recreation and parks facilities across Calgary. Choose from over 35 camp types to keep your child active and having fun this summer such as Nature's Superheroes, Extreme Adventures or Swim, Sports and more to name a few. Visit calgary.ca/register.

Mobile Adventure Playgrounds: A Different Way to Play!

The City of Calgary hosts free outdoor Mobile Adventure Playgrounds in various locations for children to explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free

to use to build, demolish, assemble and change their environments as they desire. Onsite play ambassadors are there to inspire play and keep the playground safe, but not directly supervise the children. Parents are encouraged to stay and watch their children play and see how their imaginations soar in this ever-changing adventure space. Locations and dates available at calgary.ca/play.

Skip the Work and Plan Your Kids' Birthday with The City of Calgary

Birthday wishes....no dishes! Skip the work and plan your next birthday party with The City of Calgary. The City's many facilities offer an easy and affordable way to gather with friends and family in a fun setting. From waterparks to nature adventures, you'll find party planning simple and stress-free. Parties are tailored to the age group and available at City leisure centres, nature centres, aquatic and fitness centres, and art centres. Visit us online to see our list of themed adventure parties.

Visit calgary.ca/birthdays for options.

The Fun Starts After the Bell with Calgary After-school

The fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it's more than just getting children and youth active. These programs are designed to keep kids productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at calgary.ca/afterschool.



CALGARY PUBLIC LIBRARY

Superhero Day

Calling all superheroes! On Saturday, June 1, five libraries will be transformed into Superhero Headquarters. A menace threatens the safety of Calgary, and superheroes must save the day. Enjoy free activities, from making your own comic book to meeting your favourite superhero, at Crowfoot, Country Hills, Central, Quarry Park, and Village Square libraries. Family-friendly costumes are encouraged. Learn more at calgarylibrary.ca.

Free Online Resumé Help Available

The eResource Brainfuse HelpNow is known for offering free online tutoring for Grades 2 to 12 students studying the Alberta curriculum. Now Brainfuse also offers free expert support for adult

learners! The Brainfuse Adult Learning Centre's tools include live online career coaches to help you craft a winning resumé and cover letter, as well as job search and interview preparation tools. Online experts can also help with Microsoft Word, Excel, PowerPoint, and more. Use Brainfuse at calgarylibrary.ca/resource.

Did You Know? Join a Book Discussion Group

Did you know that Calgary Public Library offers free book discussion groups at multiple libraries every month? Join other book lovers and discover new or classic titles in facilitated discussions. There's also an Indigenous Reads Book Discussion Group focused on Indigenous books and topics. Find out what we're reading and when we're meeting by searching "Book Discussion Group" at calgarylibrary.ca/programs.

KIDS' SUMMER TENNIS CAMPS – Lake Chaparral 2019

Lake Chaparral Tennis Professional

Shawna Lalonde-Weber (403 990-1515)

Go to www.calgaryacademyoftennis.com to register for programs

TENNIS FUN

DAY AT CITADEL TENNIS COURTS

**Saturday, August 24th,
2019**

**Prizes, Food,
Drinks**

LOTS of Fun!

\$12⁰⁰ Entry Fee

**9:00 – 10:00 AM
(Ages 5–7 years)**

DATE	TIME	AGE	LEVEL	COST
July 1 – 5	1:30 - 3:00 pm	6 - 9 years	Beginner/Novice	\$100.00
	3:00 - 4:30 pm	10 - 16 years	Beginner/Novice	\$100.00
July 8 - 12	1:30 - 3:00 pm	6 - 9 years	Beginner/Novic	\$100.00
	3:00 - 4:30 pm	10 - 16 years	Beginner/Novic	\$100.00
July 22 - 26	1:30 - 3:00 pm	6 - 9 years	Novice/Intermediate	\$100.00
	3:00 - 4:30 pm	10 - 16 years	Novice/Intermediate	\$100.00
July 29 - Aug 2	1:30 - 3:00 pm	6 - 9 years	Beginner/Novice	\$100.00
	3:00 - 4:30 pm	10 - 16 years	Beginner/Novice	\$100.00
August 5 - 9	1:30 - 3:00 pm	6 - 9 years	Beginner/Novice	\$100.00
	3:00 - 4:30 pm	10 - 16 years	Beginner/Novice	\$100.00
August 19 - 23	1:30 - 3:00 pm	6 - 9 years	Novice/Intermediate	\$100.00
	3:00 - 4:30 pm	10 - 16 years	Novice/Intermediate	\$100.00

- Note: To ensure quality instruction, programs will be limited to 8 – 10 kids per class.
- Rackets and balls are supplied, and can be purchased too.

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SPRING CLEAN-UP AND SEASONAL LAWN CARE: Local contractor working in your neighborhood for the past 11 years. Providing quality work and excellent service at competitive rates. Contact via e-mail at amberproperty@shaw.ca or call/text Mike at 403-510-6465.

TAX SEASON IS HERE! Just a few slips? Self-employment income? Own a corporation? Have employees? Are you aware of the changes to EI and CPP? Have you maximized deductions? Specializing in lengthy returns with multiple income sources. Returns e-filed for prompt refunds. Highly personalized service. Call/text 403-819-0421; email ctiefisher@bowriverbusiness.com.

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

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**Councillor, Ward 14
Peter Demong**

www.calgary.ca/ward14
eaward14@calgary.ca or
403-268-1653

CCSD BOARD OF TRUSTEES

Website: www.cssd.ab.ca/BoardOfTrustees
Email: trustees@cssd.ab.ca

Greetings Ward 14!

I hope you had a great April. Here are your May newsletter topics.

Extended Producer Responsibility

Some have likely noticed me mention Extended Producer Responsibility (EPR) over the last few months. Simply put, EPR shifts the responsibility and costs of managing recyclable materials from municipalities to producers. It is not new. It exists in some form in every province in Canada, other than Alberta.

I am a proponent of EPR for two main reasons:

1. In 2016, producers provided more than \$367 million to fund provincially-regulated paper and packaging recycling across Canada because of EPR. Because Alberta does not have EPR legislation we received NOTHING. Yet we pay for the cost of EPR in other provinces that producers pass on. We are paying twice for our recycling, and EPR could change that.
2. EPR provides an incentive for industry to innovate ways to waste less and recycle more.

Cities, and towns across the province have shown their support for a province-wide EPR program, but what we really need is for Albertans to tell the Province to stop making them pay twice. If you want to see EPR in Alberta, tell your MLA. You can visit calgary.ca/ward14EPR for more info about EPR.

Counciltalk

The next Counciltalk is on May 4 from 12 p.m. to 2 p.m. at the Parkland Community Hall (505 Parkvalley Rd SE). Visit calgary.ca/counciltalk for future dates.

Please feel free to contact me any time. The best way to do so is by visiting calgary.ca/contactward14.

Learn more about your Calgary Catholic School District Board of Trustees!

On March 13th, the Calgary Catholic School District (CCSD) Board of Trustees approved our 2020-2023 Three-Year Capital Plan. It will be submitted to Alberta Education in advance of the May 31 deadline. CCSD has ten items on our first-year list of priorities. They include:

- 9 new elementary or elementary/junior high schools
- 3 innovative new high schools, including one Extended Learning Centre
- 1 junior/senior high school addition/enhancement in Airdrie
- 11 major modernization requests

These priorities are assessed annually and re-evaluated frequently, which allows CCSD to respond to emerging trends. At CCSD, we anticipate continued enrollment and plan for growth through the lens of innovation, flexibility and sustainability. Currently, we are managing an overall district utilization rate of 86.1 per cent, and in some areas, our utilization rate exceeds 100 per cent, well above the provincial benchmark of 85 per cent.

As the only jurisdiction in Alberta that has metro, urban and rural populations, CCSD is unique in the complexity of its infrastructure and we must ensure that these needs are addressed. As a corporate board, we are charged with ensuring that every decision we make with respect to infrastructure is evaluated through the lens of what is best for our 57,000 students. We see each of these projects as critical, and we recognize the urgency in meeting our capital needs for our families—we need our schools where our students live.

As has always been the case, your Board of Trustees will continue to inform, engage and strategically advocate for families. We value our relationship with the provincial government and will continue to work closely with Alberta Education to address these important infrastructure needs.

The Calgary Catholic School District's 2020-2023 Three-Year Capital Plan can be found at: <https://www.cssd.ab.ca/AboutUs/ReportsandPublications>

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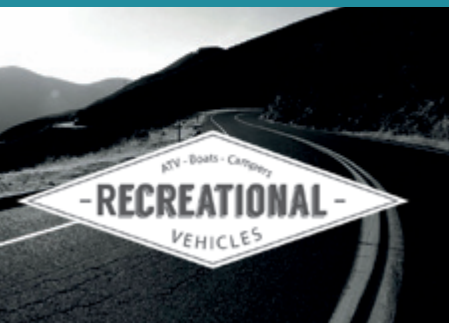




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