

NOVEMBER 2023

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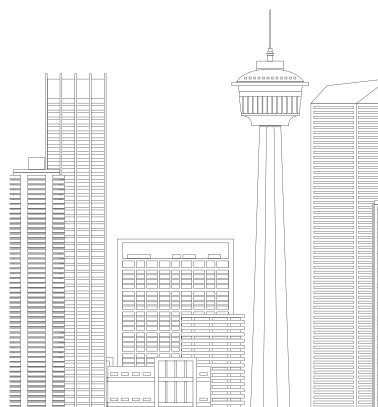


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## YOUR COMMUNITY ASSOCIATION



### OUR HISTORY

Chaparral was established in 1995 with a 32-acre artificial lake and a 21-acre park with two waterfalls as centrepiece of the neighbourhood and now has grown to include Lake Chaparral, Chaparral Ridge, Chaparral Ravine and Chaparral Valley.



### OUR MISSION

The Chaparral Community Association strives to represent and serve the community of Chaparral through effective communication, engaged volunteers, and fiscal responsibility, to foster a vibrant and livable community.



### OUR GOVERNANCE

We are a non-profit organization established under the societies act, and we are governed by elected and volunteer members from our community. We are always looking for expertise and support to grow, please reach out to get involved.

The Chaparral Community Association (CCA) is a volunteer run organization that represents the residents of Lake Chaparral, Chaparral Ridge, Chaparral Ravine, and Chaparral Valley. Your CCA 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 the residents on education, transportation, environmental, and infrastructure issues. The CCA supports organized sports, community, and social programs. To stay connected the CCA publishes the Chaparral Trailblazer and maintains a website ([www.chaparralcommunity.com](http://www.chaparralcommunity.com)), Facebook, and Instagram pages (@chaparralca).

Successful, healthy communities are generally those with active and sustained membership and involvement by the community residents. The CCA board encourages all residents to purchase a membership, and when available, attend monthly meetings to help make our community amazing.

Some things the CCA has done for the community include: Chaparral Common and Chapalina Crescent Playgrounds, Green Thumbs Community Garden, Community Clean-Ups, Adopt-a-Rink in the Valley, Valley Summer Bash, garbage bin wraps, Stampede kick-off breakfast (co-organized with the Lake – open to all CCA members), Festival of Lights, advocating for traffic signal lights and crosswalk Rapid Movement Flagship Beacons (RFB), Safe Communities Initiatives, and Development Permit Applications. The CCA has also weighed in on Commercial Applications (Chaparral Meadows, Bottle Depot, Telus Cell Tower, BFI Canada Inc., Inland Cement).

## Google Images

We've all used Google Images, but do you know the reason it was created? On July 12, 2001, Google invented this search engine because so many people had searched for pictures of Jennifer Lopez' green Versace dress. Can you imagine that kind of impact?!



# Bumper Tomato Crops in Calgary?

*Contributed by Jolene Ottosen for the Chaparral Green Thumbs*

As I write this, I am looking at a large bowl of slightly orange tinged, green tomatoes. It is October 2 and there was a little bit of frost on my windshield this morning, so this evening I decided it was time to admit defeat, give up my dream of vine ripened fruit, and pick my bounty of green tomatoes before they froze. In light of my frustration, I decided that my quest for a better tomato crop might be the perfect topic for this month's article. So, I scoured the internet for tips about growing tomatoes in Alberta, and this is what I found.

### Starting seeds

I think my first mistake, and something I already knew was a problem, is that I either start my seeds too late, or forget to start them at all and end up buying small, cheap plants because I don't want to spend the money on the more developed plants. The growing season in Calgary is short, so you need all the extra growth you can get. If you are growing your own, start early and get a grow light. Even if you have the most amazing natural light coming in through your windows, most likely that light is only coming from one direction, causing the plants to stretch towards the sun, becoming leggy and weak.

### Planting

When it is time to plant outside, choose a sunny location with well-drained soil. Tomato plants don't like to sit in water, but they don't like to dry out, so you need to find the right balance. I find this is hard to do when planting in the ground and prefer to use planters. As I am an inconsistent waterer, I have had problems with dry plants in the past. However, since I started to make large wicking beds using four litre milk jugs, or other similarly sized containers, under the soil, that hasn't been an issue. There are great tutorials online if you are interested. Look them up now so you can start saving up containers for under the soil.

When I said a sunny location, I should have said put the plants in the hottest spot you can find. Keeping the water needs in mind, tomatoes will do best in places that have additional heat such as the reflection from a wall they are planted nearby. I used to position my tomatoes along the south side of my house, close to the wall, but as I had problems with them drying out, I moved them to the side of my deck where they get a little bit of partial shade from a nearby bush. I think now that I have the water issue sorted out, I need to move my tomatoes back.

If drying out is a problem, ensure they are planted in a location you can check daily, especially if it is hot. Covering the soil with mulch will help prevent some evaporation as well. Another thing to consider is that you don't crowd the plants. Tomatoes want room to breathe, so let them. Happier plants will produce more fruit. Some sources suggest you need two feet between plants.

### Watering

If possible, water gently and close to the roots. Tomato plants don't really like getting their leaves wet. However, be careful not to disturb the roots too much by blasting the soil. And, as was said before, water regularly.

### Fertilizing

Tomatoes are heavy drinkers, and they are heavy feeders. When I plant my tomatoes, I always add a lot of compost to the soil, but I wonder if the slow-release nature of compost is too slow to meet the needs of tomato plants. Most sources suggest they should be fertilized weekly, although some argue that well amended soil is enough. I am a fan of natural fertilizers, so will need to do some more research.

### Pruning

Regular pruning is another key to tomato production. Excess branches and leaves draw energy away from fruit production so find some good sites online that show you how to prune your plants and do it regularly.

### Picking

This might be the biggest shift, but I have read that there



is no need to let tomatoes ripen on the vine, and they can be picked as soon as they start to turn a little orange. Apparently, the seeds inside the fruit produce ethylene which ripens the tomato. Leaving the tomatoes on the plant to ripen does not make them taste better and slows down fruit production. Picking them while they are still kind of green tells the plant it needs to produce more fruit and seeds for reproduction, leading to higher yields. So, while you should still leave the really green tomatoes, most of what I picked tonight, could have been picked a while ago.

While most of the information I found, aside from the picking revelation, wasn't new, I think a little reflection was warranted. Hopefully, with a few changes, next year I will get closer to that elusive tomato glory!

*If you are interested in more information about our garden email us at [chaparralgreenthumbs@gmail.com](mailto:chaparralgreenthumbs@gmail.com).*



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## Beaver Moon

**Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!**



## WAR CATS

Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!





## Still Working Remotely? Here's What You Need to Know

by Better Business Bureaus

People were working from home before the pandemic, but the events of 2020 made a perk into a necessity. Teams made the shift; now, not everyone wants to go back. For many, remote work makes sense. It's not a fad, it's here to stay. Here's what you should know whether you're an employer or an employee.

### Who is still working remotely?

Younger workers, ages 25 to 54, were more likely to telework than other age groups. Women were more likely to work remotely than men because of the pandemic. However, the numbers of remote workers were much lower when job responsibilities included manual work or physical labour.

### Benefits of working remotely:

- Improved work-life balance – People spend less time commuting. They have more control over their schedule, so they can more effectively juggle personal and professional tasks.
- Fewer work-related expenses – Workers save on transportation costs. They can prepare food at home rather than eating out and may need less work-related attire.
- Reduced stress – Healthier eating, no racing to work in heavy traffic, and a more balanced schedule can mean better physical and mental health.
- Increased productivity – Not everyone fits in the same nine-to-five cubicle. Remote work allows staff to pick their own most productive schedules and environments. Improved autonomy can lead to increased engagement.

### Problems reported by telecommuters.

Some workers found themselves surprised by some harsh realities of remote work. While most people envisioned laid-back hours working from the beach or cozy on the couch while the dog napped at their feet, the reality was something very different.

### Remote workers started reporting high levels of stress and signs of impending burnout for many reasons.

- Work schedules blurred. Because employees had flexible schedules, some felt they needed to be available for longer hours.
- Personal interaction became scarce. Video meetings don't provide the same level of interaction as seeing co-workers face to face daily.

### Drawbacks for employers

Companies can also need help when staff shift to part- or full-time remote work. Communication is more complicated when everyone is rarely together in one place. Company culture is more challenging to maintain and convey when onboarding new employees. Security is more challenging because employees access data using off-site networks and devices.

Bosses trying to manage teams with disparate schedules can become overworked and exhausted. While some employers save money because they don't have to maintain as much office space, others spend more because they must divert resources to multiple locations.

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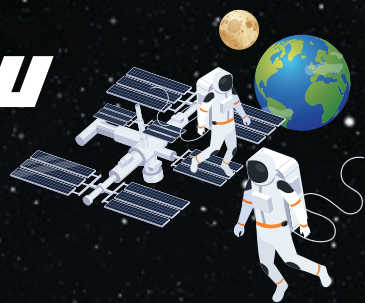
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### CONNECT WITH THE CHAPARRAL COMMUNITY ASSOCIATION

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## THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.



### World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word “kindness” was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as “friendly, deliberately doing good to others; compassionate”. The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: “No act of kindness, no matter how small, is ever wasted”.





### The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



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# Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

### What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

### Here are seven ways to break free from a trauma bond:

**Educate Yourself** – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

**Zero Contact** – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

**Examine the Evidence** – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

**Practice Self-Compassion** – don't blame yourself. This was not your fault. You are not stupid.

**Personal Affirmations** – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

**Mindfulness** – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

**Professional Help** – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.



FEDERATION OF  
CALGARY COMMUNITIES

## November 11, Remembrance Day

*A message from the Federation of Calgary Communities*



As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

### Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

### Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.

## RESIDENT PERSPECTIVES

### The Fruit That Made It into the News

*by Kosha Vaidya, MBBS, CH*

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from



constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!



# FRIENDS *of* Fish Creek

## **Dedicate a Bench in Fish Creek and Leave a Lasting Legacy!**

You may have seen Friends of Fish Creek Dedication Benches throughout Fish Creek Provincial Park. There are approximately 105 bench locations and each year several benches become available. Donors can dedicate a bench for ten years for a fee of \$5,250 as a tax-deductible donation, and have a personalized plaque affixed to the bench. At the end of the term the donor will have the opportunity to renew the contract or cancel it.

These beautiful and sturdy dedication benches provide the perfect opportunity for you to show your support for Fish Creek Provincial Park while providing a comfortable place for park visitors to rest and appreciate nature. In 2024, there will most likely be some benches available in the west end of the park namely Bebo Grove, Shannon Terrace, and Marshall Springs areas. So, if you have been thinking about dedicating a bench, this may be the perfect opportunity for you. Special thanks to Alberta Forestry and Parks and the Venturers Society of Calgary for supporting the Friends in the delivery of this very special program in Fish Creek. For more information, please visit [friendsoffishcreek.org/dedication-bench](https://friendsoffishcreek.org/dedication-bench).

## **GivingTuesday – November 28**

After the excitement of Black Friday take some time to give back on GivingTuesday. GivingTuesday is a global movement designed to support the spirit of philanthropy and generosity. This year, the Friends are asking you to help support our conservation initiatives in Fish Creek by making a tax-deductible donation. Your hard-earned donation dollars will be used effectively and efficiently right here in Fish Creek Provincial Park. To support Fish Creek this GivingTuesday, please visit [friendsoffishcreek.org/ffc-donate](https://friendsoffishcreek.org/ffc-donate).

## **The Fish Creek Community Terrace**

Every brick tells a story! Share your story with the Fish Creek Community. If you have been to the Bow Valley



Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks installed just in front of the Cookhouse. The Friends are now offering bricks for Phase 4 of the Terrace to be installed in 2024. For more information, please visit [friendsoffishcreek.org/brick](https://friendsoffishcreek.org/brick).

## **Membership Shows You Care**

Now is the best time of the year to renew your Friends of Fish Creek membership or to become a member. The Friends do not receive regular support to run our programs that benefit the park and community and rely on a variety of funding sources like grants, program fees, personal donations, and memberships. Friends' members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be valid until December 31, 2024. To renew your commitment to Fish Creek please visit [friendsoffishcreek.org/membership](https://friendsoffishcreek.org/membership).



# NOVEMBER

MONTH OF NOVEMBER | MOVEMBER  
NOVEMBER 11 | REMEMBRANCE DAY  
NOVEMBER 28 | NATIONAL GIVING DAY



## CHAPARRAL 2023 HOUSING MARKET REVIEW

*\*January 1 - September 30, 2023*

CHAPARRAL

### DETACHED

High | \$1,875,000  
Low | \$485,000  
Avg. | \$702,719  
#Sold | 116  
Avg. days on mkt. | 17

### ATTACHED

High | \$690,000  
Low | \$306,600  
Avg. | \$463,312  
#Sold | 39  
Avg. days on mkt. | 16

### CONDO

High | \$345,000  
Low | \$223,000  
Avg. | \$284,945  
#Sold | 20  
Avg. days on mkt. | 27

Stats current as of September 30, 2023 @ 11:59 pm. For more detailed market sales information, please contact Team Palmer at 403.836.3018 or [info@teampalmer.ca](mailto:info@teampalmer.ca).

COMING  
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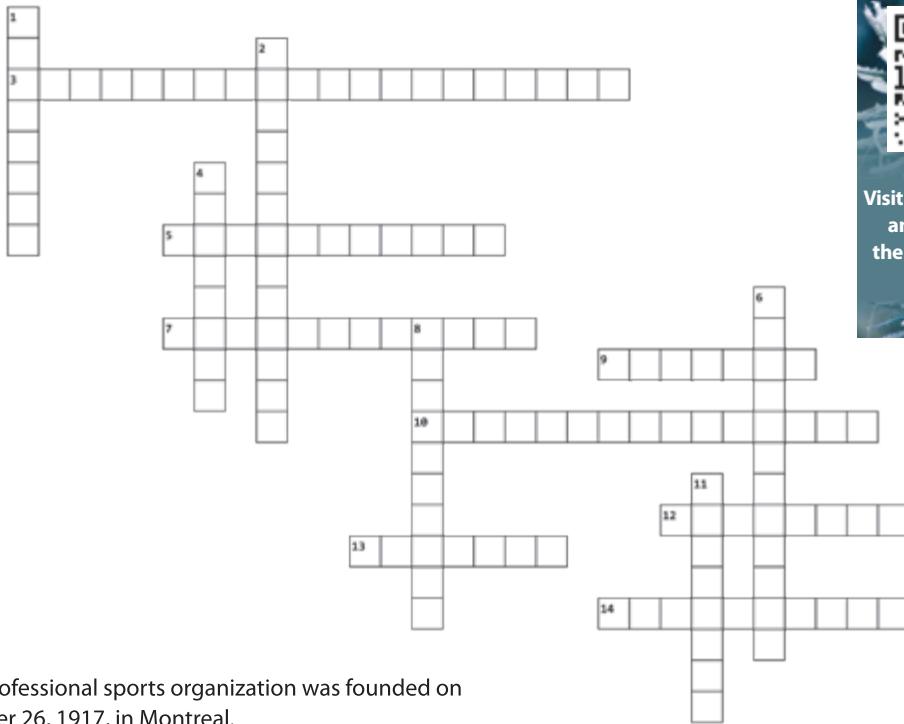


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# November Crossword



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answers or scan  
the QR code for the  
answers

## Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.

5. Born on November 12, 1980, but he's just Ken.

7. November is National \_\_\_\_\_ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.

9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto \_\_\_\_\_.

10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.

12. This month is the only month used in the 26-letter NATO phonetic alphabet.

13. Pink Floyd's iconic 11th album, \_\_\_\_\_, was released on November 30, 1979.

14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male \_\_\_\_\_ onboard; thankfully, he survived the three hour and 20-minute space flight.

## Down

1. On World \_\_\_\_\_ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.

2. November's official flower, which originates from East Asia.

4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.

6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.

8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.

11. The reason people grow moustaches in November.

**The Lake 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 LCRA. 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 LCRA employs a General Manager, Dylan Lock, 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.



## Park Information

Park Hours: 9:00 am to 10:00 pm

Office Hours: Monday to Saturday, 10:00 am to 6:00 pm

Inquiries: 403-254-4148 | office@lakechap.ca

www.lakechap.ca.

Please note that the entrance is closed 30 minutes prior to designated closure to allow our staff time to clear the facilities. The park may also close early due to weather, lack of residents accessing the space, or other issues as deemed valid by LCRA management. By default, the park and lake will be closed at temperatures of -25°C (without wind chill).

## Connecting with Members

### Facebook Page

Follow us on Facebook for up-to-date information on events, programs, and daily LCRA news.

### Instagram

Follow us on Instagram – @LakeChappyyc. Share your lake pictures by tagging us and using the hashtag #LakeChap.

## Website

We continue to improve and add new updated content to our website. Checkout our website for information, communication, and membership rules at [www.lakechap.ca](http://www.lakechap.ca).

## Monthly Email Communications

The LCRA is working on keeping you informed. If you are not receiving email notifications from the LCRA, please call the office at 403-254-4148, or send us an email at [info@lakechap.ca](mailto:info@lakechap.ca), and we will be happy to update your account information.

Please note, the LCRA does not share our information with third parties. The LCRA abides by all CASL laws regarding email information.

## Reminders and Announcements

### Lake Fees

LCRA membership fees are due on July 1 of every year. All fees must be paid to access the lake/park and are registered as an encumbrance on the property land titles in Lake Chaparral. If you have not paid your fees by the due date, you will not be permitted access at the front gate.

Interest is applied to outstanding accounts every 30 days as of September 18, 2023.

If you have any questions or concerns, please contact the office at 403-254-4148 or email [info@lakechap.ca](mailto:info@lakechap.ca).

### Operating Hours

In alignment with last year, we will once again be reducing our operating hours during non-peak times of the year to better reflect reduced operations, amenity usage, and industry standard.

Starting Monday, October 9, 2023, the park and lake will close at 8:00 pm every day. Once the ice forms to safety standards, notice will be provided, and regular operating hours will resume. Existing bookings and programs booked past 8:00 pm will still be honoured.

### Safety Flag Reminder

The LCRA closely monitors the safety of the lake and lake ice for use; however, we cannot guarantee the lake and lake ice is free of all risks. Regardless of the status of the safety flag (details below), access is done at the sole risk of the member and their guests.



You can view the status of the safety flag by looking for the flags at the park, contacting the LCRA office at 403-254-4148, or by visiting our website at [www.lakechap.ca](http://www.lakechap.ca).

Red Flag = Waterfront and lake ice is closed to all users.

Green Flag = Waterfront and lake ice is open to all users.

## Upcoming Events

Please visit [www.lakechap.ca/events](http://www.lakechap.ca/events) for all up-to-date information on upcoming events, programs, and activities.

### Christmas Craft Fair

**Saturday, November 25, 2023**

**10:00 am to 4:00pm**

Come by the LCRA Lakehouse and Function Room to see a range of local vendors – unique gifts, ceramics, ornaments, art, and more!

Stay tuned to our social media pages and website for more information.

## Drop-In Programs

### LCRA Senior Games

**Mondays | 12:00 to 3:00 pm**

Attention all seniors! Come out to socialize with your neighbors and friends, play games, and enjoy coffee at the lake house. Cost: \$1 per person, drop-in.

### LCRA Walking Club

**Tuesdays and Thursdays | 10:00 am to 12:00 pm**

Meet outside the Lake House (by the flags) at 10:00 am to start the walk. Walks usually last one hour and then is followed by a visit with coffee in the Lake House. \$0.50 per person, drop-in. Did you know that three laps around the walking path = two kilometres?

## Programs

*Registration for the following programs are 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

Non-Residents Welcome

Offers recreational, sessional-based classes for children ages 18 months to 12 years old. Visit our website for more information and registration.

Classes available in:

- Giggle & Groove Parented Class (Ages 18 months to 2.5 years)
- Tiny Toes Ballet (Ages 2.5 to 3.5)
- Tiny Ballerinas (Ages 3.5 to 4)
- Mini Combo (Ages 4 to 5)
- Ballet/Jazz (Ages 4 to 12)
- Musical Theatre (Ages 4 to 12)
- Hip Hop (Ages 4 to 9)

Please visit [www.devotiondanceworks.com](http://www.devotiondanceworks.com) or contact Elizabeth Rieb at 403-828-9675 or [elizabeth@devotiondanceworks.com](mailto:elizabeth@devotiondanceworks.com).

### Intelligence® Babies (3 to 11 months)

**10:00 to 11:00 am**

To register, please email [intelligence.calgary@gmail.com](mailto:intelligence.calgary@gmail.com).

Non-Residents Welcome

Fridays

Come sing, dance, and have fun with your little ones! Intelligence® is a research-based music and movement program designed to support the caregiver-child bond while fostering all areas of a child's development. Dance and music concepts will be explored through songs and rhymes, movement exploration, circle dances, free exploration, and sensory activities.

To learn more about the Intelligence® Method, visit [www.intelligence.com](http://www.intelligence.com).

### Little Ninja's (Beginners) by Cutting Edge Kung Fu

Ages 4 to 8 Years Old

Non-Residents Welcome

Saturdays | 9:15 to 10:15 am

\$60 per month

This class is aimed to start teaching structure, discipline, and respect while having fun learning the basics of Kung Fu! Contact Sifu Kyle today at [cuttingedgekfu@gmail.com](mailto:cuttingedgekfu@gmail.com).

### 251st Chaparral Scouts

Non-Residents Welcome

The 251st Chaparral Scouts are an active group in your community. Our mission is to help develop well-rounded youth, better prepared for success in the world. We do this by enabling thousands of young Canadians to engage in safe, youth-led, adventurous programs in hundreds of communities across this great country.

*continued on next page*



To join, visit [www.myscouts.ca/ca/join](http://www.myscouts.ca/ca/join).

Don't let your kids have all the fun - volunteer today. Volunteering with Scouts Canada is fun, flexible, and fulfilling. And, just like your kids, you can make new friends and memories too! We provide the training and adventure; you provide the enthusiasm.

Our program is funded by our fundraising. We have two ongoing fundraisers – Scout Coffee and an ongoing bottle drive.

Start ordering coffee today! Visit [www.scout-coffee.ca/](http://www.scout-coffee.ca/). You will find a list of our delicious products. At check out please be sure to select our group 251st Chaparral, so our youth receive credit for your purchase.

For our second ongoing fundraiser, if you have extra bottles you would like to donate, please go to the Walden Bottle Depot, 19618 Walden Blvd, and request donation to the 251st Chaparral Scouts - Sarah account.

A big thank you for supporting our programs through our many fundraising efforts.

*251st Chaparral Youth and Scouters*

### **Drawing Classes for Kids with Young Rembrandts**

Non-Residents Welcome

Fridays

Preschool | Ages 4 to 5 | 4:00 to 4:45 pm

Elementary | Ages 6 to 12 | 5:00 to 6:00 pm

Cartooning | Ages 6 to 12 | 6:15 to 7:15 pm

Inspire your child's creativity with Young Rembrandts drawing classes. The secret to our success is that children already love to draw – we just take their love a little further by giving them a solid foundation that will take their drawings from doodles to confidence-boosting achievements.

During our once-a-week classes, we use an innovative step-by-step approach on drawing topics your kids can relate to and learn from.

Research supports what Young Rembrandts has always delivered. There is a correlation between involvement in the arts and academic success. Children who learn to draw using the Young Rembrandts method develop spatial reasoning and fine motor skills, order and sequencing abilities, visualization, and self-discipline, as well as fundamental art skills.

Watch your child reach a new level of potential with this

engaging, award-winning program. Young Rembrandts is a different kind of learning and a powerful kind of fun.

Enroll online at [www.youngrembrandts.com/southernalberta](http://www.youngrembrandts.com/southernalberta), or call us at 403-457-DRAW (3729).

### **Yoga Strength & Mobility Flow with Jo-Anne Tuesdays | 9:15 am - 10:15 am**

Build strength inside and out with this vinyasa yoga flow class! We will focus on dynamic movements, combined with body weight postures to enhance your flexibility, to increase your range of motion, and boost energy levels! All levels are welcome – all you need is a yoga mat, water, and props if you have them.

To register, contact Jo-Anne at [jowarrack@hotmail.com](mailto:jowarrack@hotmail.com) or 403-312-2710.

### **LCRA Board of Directors**

Our Lake Chaparral Residents Association Board of Directors maintains an email address at [bod@lakechap.ca](mailto:bod@lakechap.ca) to hear your suggestions and feedback on large-scale governance, direction, and broad-scope improvements to the member experience.

For all operations, day-to-day, or management-related questions, please send emails to [info@lakechap.ca](mailto:info@lakechap.ca).

### **Message from LCRA Manager**

Hello Lake Chaparral!

We hope everyone had a wonderful Thanksgiving Day full of relaxation, good food, time with loved ones, and enjoyment of the stunning fall season.

Our spooky Halloween décor has been put away, and we're about to forge on into the winter season here at the lake. Our very own lake winter wonderland might be right around the corner!

Please watch for the status of the Safety Flag – once green, the ice will be thick enough for usage and ice-fishing.

We've moved our Christmas Craft Fair this year to November 25 to allow everyone more time to grab some potential gifts for the holiday season. There will hopefully be a wide variety of local vendors, so be sure to stop by!

Best wishes,

*Dylan Lock*

*General Manager*

## LAKE CHAPARRAL RESIDENTS' ASSOCIATION BOARD OF DIRECTORS (NOT AFFILIATED WITH THE CCA)

|                   |                 |                 |
|-------------------|-----------------|-----------------|
| President         | Racim Gribaa    | bod@lakechap.ca |
| Vice President    | Daren Couture   | bod@lakechap.ca |
| Treasurer         | Joanne Marshall | bod@lakechap.ca |
| Secretary         | Murray Hunt     | bod@lakechap.ca |
| Director at Large | Cheryl Smillie  | bod@lakechap.ca |
| Director at Large | Norm McLennan   | bod@lakechap.ca |
| Director at Large | Roger Planden   | bod@lakechap.ca |
| Director at Large | Walter Kachmar  | bod@lakechap.ca |
| Director at Large | Greg Juneau     | bod@lakechap.ca |
| Director at Large | Sandra Fanson   | bod@lakechap.ca |

## LAKE CHAPARRAL RESIDENTS' ASSOCIATION MANAGEMENT (NOT AFFILIATED WITH THE CCA)

|                             |                     |                    |
|-----------------------------|---------------------|--------------------|
| Administration              | Linda Milot         | office@lakechap.ca |
| General Manager             | Dylan Lock          |                    |
| Facility and Assets Manager | Jen Voros           |                    |
| General Inquiries           | LCRA Guest Services | info@lakechap.ca   |



Join us at Red Deer Lake United Church where we come together in community and explore God together Sunday mornings at 10:30 am. We are an affirming, safe space for all. We are located on the south side of the new ring road in SW Calgary. Check us out online at <https://reddeerlakeuc.com/>

**FAITH & COFFEE:** Bring your coffee and join us at Red Deer Lake United Church on the first Wednesday of the month as we explore the stories of our faith and hear the wisdom they offer us today.

**HANDCRAFTED MARKET:** Early Christmas shopping? Crafts, gifts, wreaths, artwork, decorations, homemade preserves, lotions, goodies, Christmas cakes, apple pies & more! For more information visit us at <https://reddeerlakeuc.com/fundraisers2023>

- Saturday, Nov 18th; 10 am - 3 pm
- Sunday, Nov 19th; 10 am - 1 pm
- Sunday, Nov 26th; 10 am - 3 pm
- Sunday, Dec 3rd; 10 am - 3 pm

**TURKEY SUPPER:** Don't miss our annual Country Turkey Supper, fun musical entertainment, and homemade pies on Saturday, November 18 at 5 pm. Tickets are on sale now at <https://reddeerlakeuc.com/tickets/turkey-supper>

**ONLINE AUCTION:** Great gifts, household items, artwork, certificates for services, baskets of goodies, and so many other fantastic items to bid on! Visit us at <https://shorturl.at/czBJ4>

**QUILT RAFFLE:** Win beautiful, handcrafted quilts. Tickets \$5 or 3 for \$12. Available at the Church on Sundays or at the Market. Draw date: Dec 3 at 1 pm.

**CONCERT SERIES:** Love live music? Check out the On the Edge Concert Series at <https://reddeerlakeuc.com/concerts>



# Stay Connected to Your Community!

by Alberta Health Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong at school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and creates belonging in our larger community. Forming connection in our daily lives is important for good mental, emotional, spiritual, and physical health.

While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in community.

### **Below are some tips that can help us practice connection and belonging:**

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are there locally owned businesses? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!



## South Health Campus Wellness Centre

### Better Health for Free

Find information, resources, and classes to help make decisions about your health.

Visit the 2023 Fall Program Guide for more information and registration details at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness).

Questions? Call 403-956-3939.

## Upcoming FREE Programs in November & December 2023

### Tasty Low Salt Cooking

Are you struggling with how to implement a lower salt (sodium) diet? Learn practical ways to lower salt in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This 2-part series will feature label reading, lower sodium substitutions and preparing healthy, lower sodium foods that taste great. Register for one or both classes.

**When:** Meal Ideas: November 21 Noon – 1:00 pm.  
Dips & Sauces: December 12 Noon – 1:00 pm.

**Program Provider:** AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

**Registration:** [www.redcap.link/TastyLowSaltCooking](http://www.redcap.link/TastyLowSaltCooking).

### Easy & Healthy Mediterranean Cooking

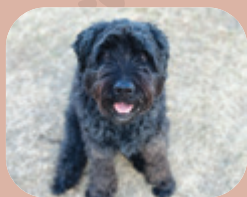
Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being.

**When:** November 16 Noon – 1:30 pm.

**Program Provider:** AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

**Registration:**  
[www.redcap.link/EasyHealthyMediterraneanCooking](http://www.redcap.link/EasyHealthyMediterraneanCooking).

## Cats, Canines, & Critters of Calgary



Bisous, Deer Run



Fergus, Willow Park



Nacho, Panorama Hills



Marley, Brentwood

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



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## CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

|              | Properties Listed | Properties Sold | Median Listed Price | Median Sold Price |
|--------------|-------------------|-----------------|---------------------|-------------------|
| September 23 | 13                | 17              | \$700,000           | \$699,000         |
| August 23    | 23                | 18              | \$584,700           | \$584,700         |
| July 23      | 13                | 12              | \$599,900           | \$640,750         |
| June 23      | 27                | 30              | \$612,450           | \$636,250         |
| May 23       | 24                | 32              | \$499,900           | \$494,750         |
| April 23     | 32                | 28              | \$599,900           | \$609,000         |
| March 23     | 24                | 19              | \$599,900           | \$610,000         |
| February 23  | 20                | 14              | \$593,850           | \$595,000         |
| January 23   | 6                 | 5               | \$649,900           | \$657,000         |
| December 22  | 5                 | 8               | \$642,450           | \$631,750         |
| November 22  | 8                 | 11              | \$629,900           | \$615,000         |
| October 22   | 10                | 24              | \$579,500           | \$583,000         |

To view more detailed information that comprises the above MLS averages, please visit [chap.mycalgary.com](http://chap.mycalgary.com)



# Yielding to Emergency Vehicles

by Alberta Health Services

For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

### When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal

turn. Actions such as these jeopardize all motorists in the area.

- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



## Joke of the Month

**What did the yoga instructor say when his landlord tried to evict him?**

**Namaste.**





Greetings Ward 14!

I hope you had some fun trick or treating. Even though it can be cold in late October, seeing the kids out enjoying Halloween is always a nice sight. November brings budget deliberations at City Hall. This year we will be adjusting our 2023-2026 Plans and Budgets. I will give you a primer on the 2024 Budget Adjustments in the online version of this newsletter. In honour of Geography Awareness Week coming in November I will show you where you can find some great maps to geek-out on. Finally, Winter is coming, but this is not Game of Thrones, so I will share some tips on how you can prepare yourself for harsh weather.

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for the full version of this column. The best way to contact me is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14) or calling (403) 268-1653.

Sincerely,

*Councillor Peter Demong*



## A Ton of Tongue

**Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!**



Dear Constituents,

The month of November gives us all time to reflect, remember, and pay tribute to our brave sons and daughters that have fought and, in some cases, paid the ultimate sacrifice for our country.

Prime Minister Wilfred Laurier once said, "Canada is free, and freedom is its nationality."

We know this freedom is only the case today because of these brave Canadians. Their sacrifices allow us to worship where we want, love who we want, and live in peace.

Lest we forget.

The Fall Session is now well underway, and I've been busy standing up for our riding of Calgary Midnapore in Parliament. Every week, I read countless emails and letters from constituents who are concerned with the current path our country is on after eight years of Justin Trudeau – I agree.

My Conservative colleagues and I, led by our leader Pierre Poilievre, are determined to turn the hurt many Canadians are feeling into hope. A hope that they can live in a country where hard work pays, and they can live and retire with dignity. Our commonsense team is fighting for this every day in our nation's capital, and we will continue to pressure this government to bring home lower prices, powerful paycheques, homes workers can afford, safe streets, and freedom for Canadians.

As always, I will continue to be a strong voice for our riding in Ottawa and stand up for what families and individuals in Calgary Midnapore expect me to.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at [StephanieKusieMP.ca](http://StephanieKusieMP.ca). Another way to keep engaged is through my social media – @StephanieKusiePolitican (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Sincerely,

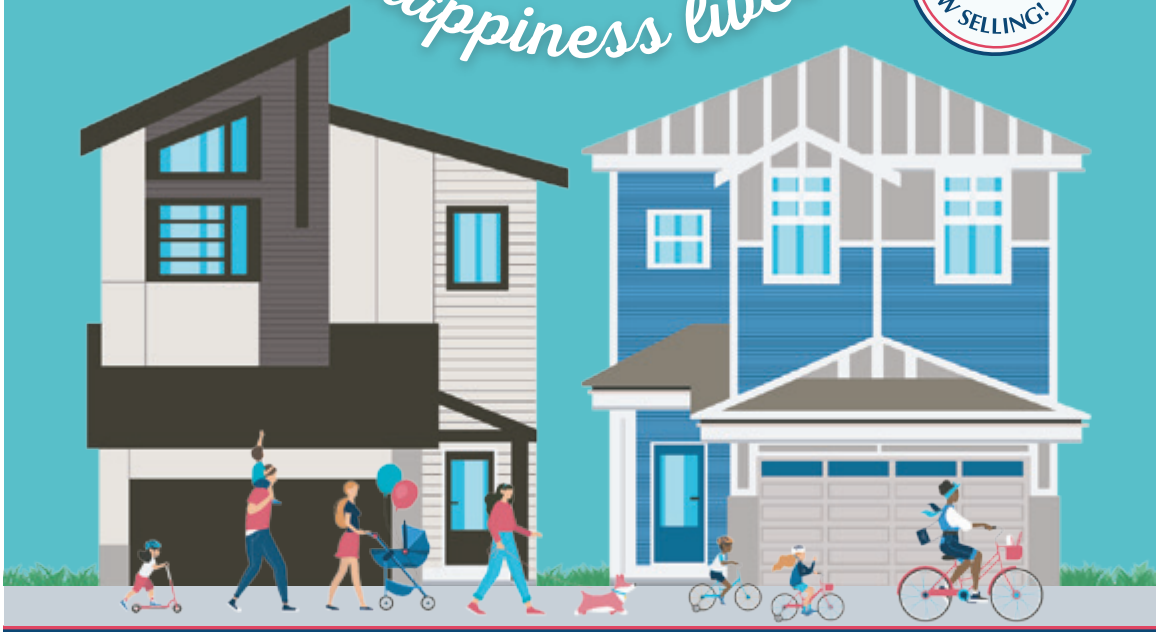
*Stephanie Kusie*

MP Calgary Midnapore

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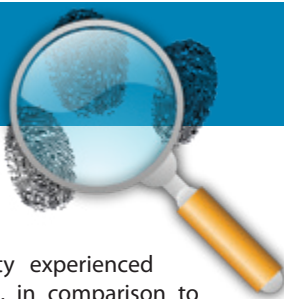
**CREEKSTONECALGARY.COM**

## CRIME STATISTICS

### Chaparral Crime Activity was Up in August 2023

The Chaparral community experienced 8 crimes in August 2023, in comparison to 3 crimes the previous month, and 12 crimes in August one year ago. Chaparral experiences an average of 4.2 crimes per month. On an annual basis, Chaparral experienced a total of 50 crimes as of August 2023, which is down 44% in comparison to 89 crimes as of August 2022. To review the full Chaparral Crime report visit [chap.mycalgary.com](http://chap.mycalgary.com).

*How To Report Crime In Chaparral: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text ttTIPS to 274637.*



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at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)**

**ELECTRICITY IS NOT A HOBBY:** Call a licensed electrician and pot light specialist. No job is too small. Excellent rates. Please call John at 403-708-6555.

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

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

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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](http://www.communitymediation.ca), 403-269-2707.

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## Newborn Screening Awareness

by Alberta Health Services



If you are a new or expecting parent, newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about.

It's possible to have one of the screened conditions, such as cystic fibrosis, spinal muscular atrophy, or congenital hearing loss, even if there is no obvious family history. Finding these conditions early means babies get the treatment they need when it can help the most. The tests are quick and safe, and they can be done shortly after birth.

If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies. You will be offered to have your baby screened in hospital before discharge or be given information on where to get screening done in the community.

AHS provides these services free of charge through two provincial newborn screening programs.

**The Alberta Early Hearing Detection and Intervention (EHDI) Program** identifies permanent hearing loss as early as possible in a baby's life. Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays.

It's best for your baby to be screened for permanent hearing loss by one month of age.

Visit [ahs.ca/ehdi](https://ahs.ca/ehdi) to learn more.

**The Alberta Newborn Screening Program (ANSP)** uses blood spot screening to find certain serious conditions soon after birth that can't be seen just by looking at your baby. Finding these conditions early ensures that treatment can begin sooner to help prevent irreversible problems, improve health, and maybe even save your baby's life. It is best for your baby to have newborn blood spot screening between 24 and 72 hours after birth.

Visit [ahs.ca/ansp](https://ahs.ca/ansp) to learn more.

Learn more about newborn screening in Alberta at [ahs.ca/newbornscreening](https://ahs.ca/newbornscreening).



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