

COOPER'S CROSSING COMMUNITY NEWS

COOPER'S CROSSING RESIDENTS' ASSOCIATION

Get Ready for Bargain Hunters



Got stuff that's too good to throw out but feel like it's taking over! It's time to clean out your garage, attic, basement and yes, even your bedroom closet!

Then get ready for the Cooper's Crossing Community Garage Sale, a parade of garage sales all in a few blocks, on **Saturday May 26, 8 am to 3 pm.**

The Cooper's Crossing Residents' Association provides advertising and community signage for the event. With a reputation of hosting approximately a 100 garage sales each year, treasure hunter's stam-

pede through Cooper's Crossing giving you the best opportunity to clear out unwanted items and meet your neighbours.

To join in on the fun simply set up your sale items in your garage or driveway and get ready for the flood of customers to begin.

As you prepare for this year's garage sale here are a couple of quick tips.

- Get a bunch of boxes and separate everything. All glassware goes in one box, knick-knacks to in another, etc.
- Sort clothing by size.
- If items have been

laying idle for a while check to see if they need cleaning.

- As you are pricing your items, be clear on the purpose of your sale. Are you selling things to make money or to get rid of them?

- On the day of the sale stage your area, display items to their advantage, make it easy to test electronic items, make sure you have change on hand and HAVE FUN!

- At the end of the garage sale if you have a few items left over, contact organizations like Goodwill or the Canadian Diabetes Association, they'll gratefully accept your donations.

Special points of interest:

- **Meet Your Neighbor**
- **Cooper's Twilight Carnival**
- **Stage IV NSP Approved**
- **Sheds & Fences**





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134 Coopers Bay

Coopers Community Real Estate Statistics

- * 29 Active Listings * 8 Sold last 30 days * 15 Solds - last 60 days
- * Average List Price: \$590,389 (based on 2333 sq.ft home over the past 60 days)
- * Average Sold Price: \$580,481 (based on 2333 sq.ft home over the past 60 days)
- * Average List Price: \$619,002 (based on 2450 sq.ft home over past 30 days)
- * Average Sold Price: \$609,350 (based on 2450 sq.ft home over past 30 days)

**All statistics are current up to April 18, 2012

Don't forget about our Coopers Community Yard Sale

When: May 26, 2012

Time: 8.00 am to 3.00 pm



Meet Your Neighbor



Excerpt from airdriehlife magazine September 2011. Story by Anne Beaty, photo by Kristy Reimer

Queso con chorizo fundido. Ah, the name simply melts in the mouth.

And that's as it should be. The dish is actually baked provolone cheese topped with grilled Spanish chorizo sausage and it certainly does melt in the mouth.

This wonderful taste sensation is only one of several on the menu at Rico's in the Village, owned and operated by Cooper's Crossing resident, chef Rico Pacheco.

Rico's offers something new to the Airdrie fine dining experience – a tapas, or appetizer, restaurant.

The food is also exquisito, a unique blend of French cooking with a Chilean influence. One of the secrets to his fine cooking, Rico says, is that everything is made

from scratch, with only the freshest ingredients, purchased daily.

"I love it, I love to shop. It's very relaxing to get out," he says with a smile, adding that he frequents the farmers markets and knows all the managers at the local grocery stores.

Another secret is that the restaurant's fare is exactly what he would offer in his own kitchen.

"Pretty much everything on the menu is something I've made at home," Rico says. "It's tried and true; it's something that I love."

His 'secrets' obviously make a difference. One of the best compliments he can get is when "[customers] are like, 'Oh my god,' and then they'll order [the dish] again," he says. "It's very warming that people love what you do."

Rico's love of cooking began at an early age. "It's definitely a passion," he says. As a child, he was always in the kitchen, watching his mother and helping prepare meals.

"Most of my cooking came from my mom," Rico says. "As a child, if Mom was cooking something, I was always fascinated with ... what was going on." That fascination stayed with him as he grew up.

"When I went through high school, I always knew what I wanted to do," he says. With that in mind, Rico went to SAIT for its professional cooking program. When he graduated, CP Hotels had opened the Lodge at Kananaskis for the 1988 Olympics. Rico's SAIT teacher was offered a job there and took some of his students with him, Rico included. Thus began a 10-year stint with CP Hotels that took Rico from Alberta to Vancouver to Toronto.

Now the hard work of owning and running a restaurant is more than offset by the enjoyment that comes from pursuing a passion and sharing it with others, customers and family alike.

"One of the best things about my restaurant is that I get to work with my kids," Rico says of Stefan, 15, and Gracyn, 14.

The two young Pachecos are definitely getting to know more about their father's career. Although Stefan has taken no interest in cooking at home, he is showing a real affinity with the grill at the restaurant.

*Bringing
Cooper's
Crossing
Community
Residents
Together*

Cooper's Carnival to be a Blast!



Cooper's Crossing announces plans to host fireworks evening on opening weekend of Airdrie's second annual arts festival.

Cooper's
Twilight
CARNIVAL
Fireworks Music Night Market

Westmark Holdings, the developer of Cooper's Crossing in Airdrie, has big plans for ARTember in Airdrie this fall. After seeing the excitement and smiles on the faces of residents, particularly at the 2011 closing ceremonies held in Cooper's, owner Paul Gerla decided to celebrate the opening of their new park system in conjunction with ARTember with the Cooper's Twilight Carnival.

ARTember Chair Michelle Carre could not be more pleased. "We were thrilled to have Cooper's host the lantern ceremony last year

and we are even more excited to hear their 2012 plans to host not only an amazing fireworks show but the popular floating lanterns will also be launched in conjunction – it will be a very memorable evening for everyone."

Gerla says Cooper's Twilight Carnival will be a family friendly evening including a night market with local artisans, foods and music along with a children's carnival area. "We want people to come to Airdrie and experience the genuine friendliness of our community and city."

Activities will begin at 6 pm on Saturday September 15 (rain out day is September 16). Vendors interested in setting up their wares (the focus is on local arts, crafts and food) are asked to contact Helen Shields at helen@westmark.ca no later than May 15.

ARTember plans are in full gear with activities being planned at the Airdrie Public Library, Nose Creek Park, Ironhorse Park, The Boys and Girls Club and more than 50 local businesses will be involved in an Artwalk and Taste of Airdrie promotion. ARTember features all genres of art from visual arts to performing arts and everything in between with a special emphasis on heritage and multiculturalism.

ARTember is scheduled for September 14- 30, 2012. Volunteer, sponsor and arts and culture presenter/ participant registration is now being taken online at creativeairdrie.ca



Kids Have Talent!

Are you 7–12 years old....interested in the performing arts...then have some fun at a Nose Creek Players Performing Arts Workshop and showcase your talent at the Cooper's Twilight Carnival.

Watch our next newsletter for details

Stage IV NSP Approved

The Cooper's Crossing Stage IV Neighborhood Structure Plan (NSP) was recently approved by the City of Airdrie. The NSP establishes a detailed de-

velopment plan (land use, roads, parks water management, etc.) for the remainder of Cooper's Crossing. Highlights from the Stage IV NSP include

changing the area south of Cooper's Square along 8th St. to single family; the addition of a new major park and an expansion of the commercial area.



Highlights from the Stage IV NSP include:

- Changed to single family from multi-family
- New major park added
- New expanded commercial area

SEND US YOUR SUGGESTIONS...

WestMark would be interested to receive suggestions on a name for the commercial area.

- Current submissions include:*
- Centennial Square
 - Century Plaza
 - Cooper's Corner
 - Cooper's Market

Send your suggestions to cooperscrossing@westmark.ca

Something to Think About

by Dr. Paul Bajor, B.Sc., D.C.

How many of you have seen kids acting completely out of control, running around getting into trouble, not listening, and getting their hands into everything? How many of you have just said, 'those sound like my kids sometimes'? We have too. Many times. While our kids are not always angels at home, they are pretty good kids. What we saw and the behavior we noticed outside of their normal environment while we were on holidays gave us a glimpse into why there are so many kids needlessly medicated for numerous conditions such as ADHD and anxiety disorders.

At home, we, as a family, try to live as healthy as possible. We eat healthy foods, try to get ample exercise, minimize watching TV and playing electronics, and get adjusted regularly. We do not feel we go FAR out of our ways to live healthy lives. We make it part of our routine and we stick to it. Some days better, some days worse, but on average, we do a decent job. While we were on holidays, although outdoors most of the time, our kids had des-

sert with 2 of their 3 meals, ate fatty or fried foods, drank sugary drinks, watched up to two hours of TV or movies a day, and slept less than they should (hey, it's holidays, why not?) At numerous points they were disasters. Crying, whining, getting into trouble, having no patience, time-outs all over the place: I found myself asking them, 'what is wrong with you? why are you behaving like this?' Look at their environment: was it healthy? Certainly not. Once we got back home and got back on track with regular activity, diet, and sleep, they returned to 'normal'.

The point of this story is: look at what environment does to kids. We saw it first hand. Current Canadian Physical Activity Guidelines state toddlers (aged 1-2 years) and preschoolers (aged 3-4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day. Kids aged 5-11 need a minimum of 60 minutes physical activity per day. Look at what is in juice boxes and whether they are 100% fruit or

from concentrate; even many fruit-juices are high in sugar. Did you know that one container of Chocolate Chillin' Milk to Go has 35 grams of sugar and a can of Coke has 39 grams of sugar? Sure the milk has protein, but look at the sugar content, almost the same! As parents we need to be advocates for our kids. They model after us and watch our every action and repeat it because we show it as acceptable. If we litter, they do. If we smoke, they do. If we exercise, they do. If we eat healthy, they do. Improve our children's health by being responsible and living healthy!

Dr. Paul Bajor is a Coopers Crossing resident and one of the chiropractors at Access Chiropractic and Wellness. Dr. Bajor is a member of the Alberta College and Association of Chiropractors and the International Chiropractic Pediatric Association. For more information call 403.945.0855, visit our website at www.accesschiropractic.net, or on Facebook at www.facebook.com/accesswellness.



Help Keep Our Parks Clean

Please be considerate of others....take a moment to scoop the poop and ensure that your pet is on-leash and under control.

City of Airdrie Bylaw # 788

Installing a Shed or Fence?



Are you installing a shed or fence this year? If so there are few items you which you will need to consider.

Shed Construction: A permanent caveat is registered on most lots in Cooper's Crossing which stipulates sheds must be constructed of the same materials and colours

used in the construction of the home including but not limited to roof pitch, fascia, shingles and exterior cladding.

Shed Placement: The caveat also specifies if your property is bordering onto park the shed must not be placed within 3 meters of any property line adjacent to the park. Be respectful of your neighbors, effort should be made to place the shed on your property to have the least impact for your neighbors view. When possible, placing the shed beside the house in the side yard is preferable to

placing the shed in the back yard (i.e. pie lots).

Fences: All fencing within Cooper's Crossing is to be coordinated in design and materials as per the permanent caveat registered against all lots in our community. All wood screen fencing (including those made of pressure treated wood) facing public space must be painted Cloverdale Beachwood or equivalent. Homeowner installed wood screen fencing can be painted Beachwood or a colour matching the predominant colour of the home.

For specific information on the requirements for your lot, obtain a copy of all caveats registered against your property from your local registrar's office or contact WestMark at 403-948-5300.



Are you:

- tired of being in pain?
- taking pain pills like they are Tic Tacs?
- sick after just being sick?
- seeking medical care for the same issue repeatedly?
- starting to accept that your health cannot improve?

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Did You Know.....

*...the north east storm pond in Cooper's Crossing has been named **Willow Pond**.*



Bringing Cooper's Crossing Residents Together



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Phone: 403-948-5300
Fax: 403-948-5340
Email: ccra@westmark.ca

UPCOMING EVENTS

May 26, 8 am to 3 pm....Cooper's Crossing Community Garage Sale

June 23, 11 am to 5 pm..Empty Bowls Arts Festival at Nose Creek Park

June 27—July 1.....Airdrie Pro Rodeo

July 1.....Airdrie Canada Day Parade

July 9, 9 to 11 am.....FREE Stampede Breakfast at Cross Iron Mills
Stampede caravan, pony rides, petting zoo,
hay rides, fire truck, music and much more.

A PROFESSIONAL LANDSCAPE IS NOT ONLY A COMPLEMENT OF YOUR PROPERTY BUT ALSO AN INVESTMENT. YOUR LANDSCAPE SHOULD FLOW AND HAVE A THEME, WE OFFER A COMPLETE PACKAGE FROM DESIGN TO CONSTRUCTION. GIVE US A CALL TO ARRANGE AN APPOINTMENT. 403-369-4800



- Retaining walls
- Paver patios
- Water features
- Fences
- Trees/shrubs
- Irrigation
- Decks
- Snow services
- Design