

DECEMBER 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

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Our Garden at Harvest by Jolene Ottosen



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GAMES & PUZZLES

Guess the Christmas Song!

1. Brenda Lee was only 13 years old when she recorded this "new old-fashioned" Christmas favourite.
2. In December of 1965, this was the first song played in space. Hint: It is a classic written by James Lord Pierpont.
3. This song was originally called "Tinkle Bells".
4. Thurl Arthur Ravenscroft, the singer of this mean, green song, was also the voice of Tony the Tiger.
5. Sammy Cahn and Jule Styne ironically wrote this romantic winter song during a heat wave.
6. There are three official music videos for this modern Christmas song, as well as a celebrity lip-syncing montage video.



SCAN THE
QR CODE
FOR THE
ANSWERS!



Red Deer Lake United Church

Join us at 10:30 am every Sunday - in person or online (YouTube - @RedDeerLakeUnitedChurch) as we explore faith, hope, and connection together. We're an inclusive and affirming community of faith made up of people of all ages, backgrounds, and perspectives. Located just minutes from most South Calgary communities, and only 20 minutes from the Northwest via Stoney Trail - we're closer than you think!

Advent and Christmas Events

Red Deer Lake United Church celebrates the Advent and Christmas season with a full calendar of worship and community gatherings.

ADVENT SERVICES

- Nov. 30 - 10:30 a.m. Advent 1 Service
- Dec. 14 - 10:30 a.m. Advent 3 Service (followed by a Soup Lunch)
- Dec. 21 - 10:30 a.m. Advent 4 Service

**Please note there will be no services held at Red Deer Lake on December 7 and 28.*

SPECIAL EVENTS

- Dec. 4 - 7:00 p.m. Sound & Soul
- Dec. 5 - 6:00 p.m. Pizza and Christmas Movie Night
- Dec. 14 - 1:00 p.m. Scrooge Performance
- Dec. 21 - 5:00 p.m. Christmas Garden of Light
- Dec. 21 - 7:00 p.m. Longest Night Service
- Dec. 22 & 23 - 5:00 p.m. Christmas Garden of Light
- Dec. 27 - 9:00 a.m. Men's Breakfast

CHRISTMAS EVE SERVICES - DECEMBER 24

- 1:00 p.m. Family Service with Rev. Danah Cox
- 7:00 p.m. Traditional Service with Rev. Joanne Anquist
- 10:00 p.m. Candlelight & Communion with Rev. Bill Weaver

CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Check out our upcoming concerts at <https://reddeerlakeuc.com/concerts>.

RENTALS

We are excited to launch Meadow Green, Wedding and Events Centre at Red Deer Lake United Church. Meadow Green is a 45,000 square foot facility that provides a variety of affordable spaces for weddings, workshops, art shows, performances, and much more. For more information visit us at www.meadowgreenevents.ca or contact the office at (403) 256-3181 to book your tour today!

Stay up to date on all our events at www.reddeerlakeuc.com.



CCA BOARD OF DIRECTORS

President	Donna Reid	president@chaparralcommunity.com
Vice President	Hayden Rombough	vp@chaparralcommunity.com
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Director at Large	Anna Rybak	valley@chaparralcommunity.com
Director at Large	Anton Ovtichnnikov	membership@chaparralcommunity.com
Director at Large	Gustavo Barcelos	director2@chaparralcommunity.com
Director at Large	Lynn King	ridge@chaparralcommunity.com

VOLUNTEERS

Trailblazer Editor	Daisy Zhuang	editor@chaparralcommunity.com
Website/Memberships	Anton Ovtichnnikov	membership@chaparralcommunity.com
Social Media	Anna Rybak	media@chaparralcommunity.com
Community Garden (Chaparral Green Thumbs)	Jolene Ottosen	chaparralgreenthumbs@gmail.com
Chaparral Lake Representative	Lynette Javaheri	
Chaparral Valley Representative	Anna Rybak	valley@chaparralcommunity.com
Chaparral Ridge Representative	Lynn King	ridge@chaparralcommunity.com
Chaparral Ravine Representative	This Could Be You!	
Chaparral Playground Coordinators	Lynette Javaheri	
	Hayden Rombough	vp@chaparralcommunity.com
Events Coordinator	Anna Rybak	valley@chaparralcommunity.com
	Gustavo Barcelos	director2@chaparralcommunity.com
Local Business Relations	This Could Be You!	
Safe Communities Initiative	Anton Ovtichnnikov	membership@chaparralcommunity.com
Education Representative	Gustavo Barcelos	director2@chaparralcommunity.com

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PRESIDENT'S MESSAGE

Merry Christmas and Happy Holidays!

As the year comes to a close, we'd like to wish our wonderful community a very Merry Christmas and a joyful holiday season!

Our Santa Claus Day will take place on Sunday, December 14 from 1:00 to 3:00 pm at Chaparral Valley Square Park (by the outdoor rink). Come take a photo with Santa, enjoy a warm cup of hot chocolate, and join us for festive crafts and fun for the whole family.

We would also like to extend a huge thank-you to our incredible Board of Directors and all the volunteers who have dedicated their time and energy throughout the year. Your efforts—organizing events, supporting community clean-ups, and maintaining our outdoor rink—make Chaparral such a wonderful place to live. We truly couldn't do it without you!

Please Help Us Welcome Our 2025–2026 CCA Board of Directors:

- President: Donna Reid
- Vice-President: Hayden Rombough
- Secretary: Charlene May
- Treasurer: Mike Reid
- Chaparral Valley Representative/Social Media/Events: Anna Rybak
- Chaparral Lake Representative/Playground Coordinator: Lynette Javaheri
- Chaparral Ridge Representative: Lynn King
- Website/Memberships/Safe Communities: Anton Ovtichnikov
- Playground Coordinator: Hayden Rombough
- Education Representative/Events: Gustavo Barcelos

Community Equipment Available

CCA members can sign out a variety of sports and recreation equipment, including adult and child snowshoes, walking poles, and a portable disc golf set. To borrow equipment, simply contact us!

Get Involved

Our monthly board meetings are typically held on the second Wednesday of each month.

As the saying goes, many hands make light work! If you'd like to get involved and make a difference in our community, please email president@chaparralcommunity.com — we'd love to have you join us!

Warm regards,

Donna Reid

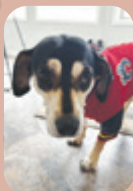
Chaparral Community Association President



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Billy, Woodbine



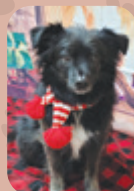
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Diamond Cove



Eowyn, Edgemont



Meeko, Cranston



Pepper, Evergreen



Sammie, Walden



Talbot, Queensland

To have your pet featured, email news@mycalgary.com

Reflecting On Our Season at the Garden

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

As we wrap up another season, it's a wonderful time to pause and appreciate not only what we've grown in the soil, but also how we've grown together as a community. Every year brings new lessons, new challenges, and new joys—and this year was no exception. Here are some highlights that show how far we've come.

Giving Back to the Community

One of our proudest traditions is dedicating one or two beds to the food bank. Over time, we've learned which crops work best—those that ripen around the same time and don't require immediate picking. Root vegetables like beets, carrots, and potatoes have become our go-to choices. Thanks to everyone's efforts, we donated more than 70 pounds of fresh produce this year to support local families. That's something we can all celebrate!

Adding Beauty to Our Space

When the garden was first built, the berm around it was planted with a few shrubs and perennials, but it quickly became overrun with quack grass. For years, we battled the invasive growth until, after countless volunteer hours—including help from our local Scouts troop—we finally turned the tide. Today, the berm is thriving, bursting with haskap berries, cherries, currants, comfrey, roses, lilacs, daylilies, irises, hollyhocks, rhubarb, horseradish, chives, and even pineapple mint. In summer, it's a true delight—a testament to persistence and teamwork.

Learning Through Experimentation

This season, some gardeners tried new techniques. One member explored the Three Sisters method, a traditional companion-planting practice used by many Indigenous communities. Corn, beans, and squash—the “sisters”—support each other's growth: corn provides a trellis for beans, while squash shades the soil. Although the beans and squash didn't thrive as hoped for this year, the experiment offered valuable insights. Every attempt teaches us something that makes next season even better.

Celebrating Small Victories

Late in the season, I watched one gardener dig up some of the smoothest potatoes I've seen in years.



After struggling with scab in previous seasons, she tried something new: reducing watering once the potatoes were nearing maturity. The result? Beautiful, blemish-free potatoes. It's a great reminder that small changes can make a big difference.

Building for the Future

One of the year's biggest highlights was the construction of our new shed. Our old one had weathered years of storms and vandalism, and it was time for a fresh start. Thanks to a dedicated group of volunteers led by Mike Reid, we now have a sturdy, beautiful new shed. A huge thank-you to Mike and to everyone who pitched in!

As we look back, it's clear that our garden is more than a place to grow food—it's a place to grow friendships, share knowledge, and create beauty together. Thank you to everyone who contributed time, energy, and creativity this season. We can't wait to see what we'll grow—together—next year!

If you are interested in joining us in the garden next season, we would love to hear from you! Please email us at chaparralgreenthumbs@gmail.com.

Self-Care Through the Holiday Season

by Nancy Bergeron, R.Psych | info@nancybergeron.ca

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) - Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

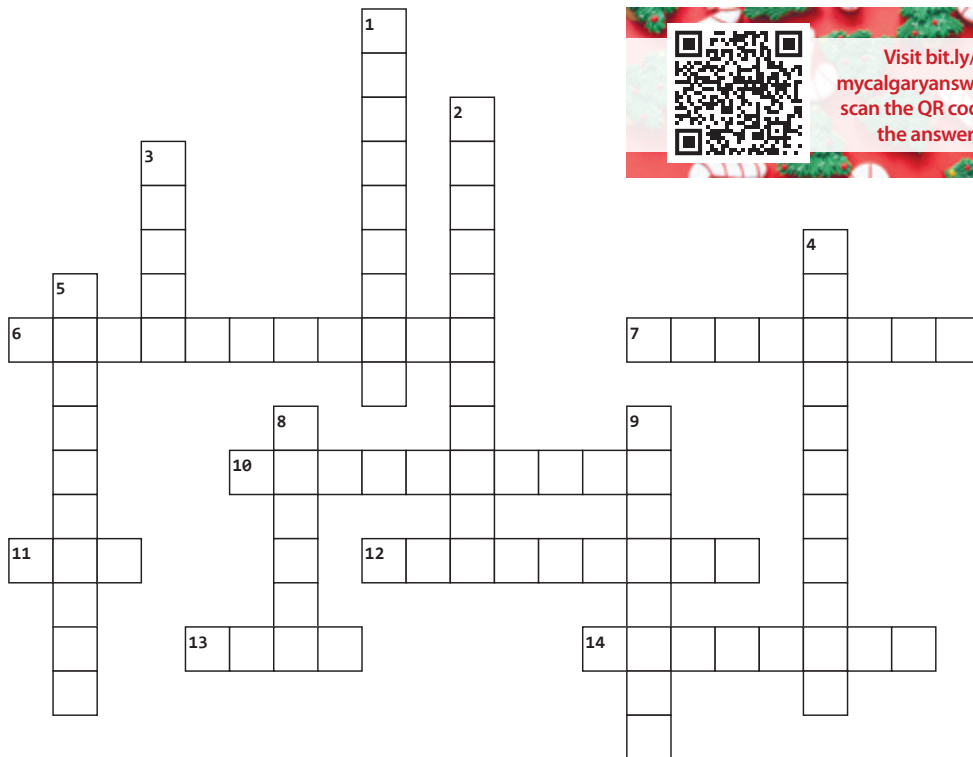
- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.

- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

December Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. The Statute of _____ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn _____ celebrates his birthday on December 23.
10. The _____ is also known as the Christmas flower.
11. "Gangnam Style" by _____ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star _____: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, _____ House Day is celebrated.
3. The first human-to-human _____ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. _____'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, _____, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the _____ Hall of Fame.

Park Information

Park Hours: 9:00 am to 10:00 pm
Office Hours: Monday to Saturday, 10:00 am to 6:00 pm
Phone: 403-254-4148
Email: info@lakechap.ca
Website: www.lakechaparralra.ca
Facebook: www.facebook.com/lakechapyyc
Instagram: [@lakechapyyc](https://www.instagram.com/lakechapyyc)

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, seasonal off-peak months, 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).

Reminders and Announcements

Membership Fees

The 2025-26 LCRA membership fees are now due. The deadline to pay fees this year was July 21. All fees must be paid to access the lake/park and are registered as an encumbrance on the property land titles in Lake Chaparral. All outstanding accounts are subject to interest and will not be permitted access at the front gate.

Starting on September 9, 2025, interest will be applied monthly to outstanding accounts at a rate of 1.5%.

If you have any questions or concerns, please contact the office at 403-254-4148 or email info@lakechap.ca.

Safety Flag Reminder

The LCRA closely monitors the safety of the lake/lake ice for use; however, we cannot guarantee the lake/lake ice is free of all risks. Regardless of the status of the Safety Flag (details on status 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.lakechaparralra.ca.

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

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

Monthly Email Communications

The LCRA aims to keep members informed with our monthly communications emails. If you are not receiving emails from the LCRA, please call the office at 403-254-4148 or send us an email at info@lakechap.ca and we will be happy to update your account.

Upcoming Events

Christmas Event

Date: Saturday, December 13, 2025

Time: 11:00 am to 3:00 pm

Come out to enjoy horse drawn wagon rides, appearances from Santa, and much more!

New Year's Eve

Date: Wednesday, December 31, 2025

Time: 8:30 pm

Fireworks will be set off at 8:30 pm! Let's start 2026 with a big bang!

More information to come, stay tuned to our website and social media for details.

Please visit www.lakechaparralra.ca/events for all up-to-date information on upcoming events, programs, and activities.

Drop-In Programs

LCRA Senior Games

Mondays | 12:00 to 3:00 pm

Attention all seniors! Come out to socialize with your neighbours 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, followed by a visit with coffee in the Lake House. \$1 per person, drop-in. Did you know that three laps around the walking path = two kilometres?

Registered Programs

Registration for the following programs are done with the individual 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 4.5)
- 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 devotiondanceworks.com or contact Elizabeth Rieb at 403-828-9675 or elizabeth@devotiondanceworks.com.

Intellidance® Babies (3 to 11 months)

10:00 to 11:00 am

To register, please email intellidance.calgary@gmail.com.

Non-Residents Welcome

Fridays

Come sing, dance, and have fun with your little ones! Intellidance® 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 Intellidance® Method, visit www.intellidance.com.

Cutting Edge Kung Fu

Non-residents welcome

The Wellness Dojo's Little Ninjas Kung Fu Class for ages 4 to 7.

Located at Lake Chaparral. Every Saturday from 9:15 to 10:15 am.

\$90 per month

Visit wellnessdojo.ca/martial-arts or contact Sifu Kyle at cuttingedgekf@gmail.com.

This class is aimed to start teaching structure, discipline, and respect while having fun learning the basics of Kung Fu!

Book your Kung Fu Ninja Party today!

- Learn Kung Fu (Punches, Kicks, and Ninja Moves!)
- Birthday Ninja T-shirt (Birthday Boy/Girl)
- Awards and prizes
- Two free weeks coupon for all friends!

www.wellnessdojo.ca/ninja-birthday.

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, who are 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. To join go to: 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 training and adventure; you provide the enthusiasm.

Our program is funded by fundraising. If you have extra bottles you would like to donate, please go to the Walden Bottle Depot, 19618 Walden Blvd, and request to donate to the 251st Chaparral Scouts - Sarah account.

Thank you for your support!

Margo Sutter Yoga – Chair Yoga

Non-residents welcome

Wednesdays, 12:30 to 1:30 pm

Making the health benefits of yoga available to everybody. Accessible sequences to build strength, flexibility, and inner calm.

Registered session: \$60. Drop-in: \$18

Email Margo for more information at margo.sutter@gmail.com.

Young Rembrandts

Non-residents welcome

Wednesdays, 12:30 to 1:30 pm

Fun after school drawing classes that help kids succeed in school. Build fine motor skills, hand-eye coordination, observation skills, self-expression, social skills, and confidence.

With over 35 years' experience, Young Rembrandts is the leading art education program for children.

Ages: 6 to 12

Time: 6:00 to 7:30 pm

Lake Chaparral December Workshop: Holiday Drawings - Friday, December 12 and 19, 2025

continued on next page

THE LCRA TODAY - CONTINUED

For more information, visit the Young Rembrandts website below: www.youngrembrandts.com/southernalberta/view-classes-enroll/.

First Friday Art Creations - Adult

Date: December 5, 2025

Time: 5:30 to 7:30 pm

Where: Function Room

Last Tuesday "Big and Little Creations"

Date: TBD

Time: 4:30 to 5:30 pm

Where: Function Room

At Krystelle Creations, we bring people together through fun, creative art workshops that inspire connection and self-expression. Led by artist and educator Krystelle Celestino Wurtz, our events are designed to nurture your creativity and help you tell your story through art.

Join us to make meaningful connections and create something beautiful! Limited spots are available—please visit the LCRA website for more details or send an email to krystelle.creations@gmail.com.

LCRA Board of Directors

Our Lake Chaparral Residents Association Board of Directors maintains an email address at 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.

Message from the General Manager

The holiday season is here—a time to celebrate, reflect, and support those in need.

This December, the LCRA is proud to partner with the Calgary Firefighters Toy Association and the Calgary Food Bank for our annual Holiday Donation Drive.

We will be collecting non-perishable food items and new, unwrapped toys (please no plush toys) at the Lake Chaparral office throughout the month. The Food Bank is especially in need of canned goods, pasta, rice, baby formula, and hygiene products—items that help local families during the colder months when demand is at its highest.

For the Toy Drive, gifts for children ages 0 to 3 and 9 to 12 are particularly appreciated, as these age groups

often receive fewer donations.

If you prefer to contribute financially, both organizations welcome cash donations, which go directly toward providing food, toys, and essential supplies for families in need.

Every contribution makes a meaningful difference.

From all of us at the LCRA, thank you for helping us share warmth, generosity, and holiday spirit throughout our community. Wishing you and your loved ones a joyful and safe holiday season!

Take care,

Laura Bruch





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



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Vice President	Jeff S.	bod@lakechap.ca
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Secretary	Laura T.	bod@lakechap.ca
Director at Large	Brian F.	bod@lakechap.ca
Director at Large	Ryan M.	bod@lakechap.ca
Director at Large	Chris S.	bod@lakechap.ca
Director at Large	Andrew P.	bod@lakechap.ca

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

General Inquiries	LCRA Guest Services	info@lakechap.ca
Office Manager	Linda Milot	office@lakechap.ca (for HOA-related inquiries)
General Manager	Laura Bruch	

Knowing your risks could save your life.

Our free Risk Screen tool helps you understand your risks for heart disease and stroke.



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CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
October 25	18	16	\$649,950	\$642,450
September 25	29	11	\$649,999	\$675,000
August 25	14	14	\$737,450	\$728,275
July 25	19	20	\$674,450	\$663,750
June 25	22	19	\$592,500	\$584,600
May 25	21	22	\$674,400	\$669,500
April 25	23	21	\$739,000	\$735,500
March 25	15	16	\$664,900	\$666,250
February 25	25	19	\$669,000	\$682,000
January 25	11	8	\$682,450	\$675,000
December 24	8	15	\$649,900	\$662,000
November 24	14	10	\$767,400	\$758,500

To view more detailed information that comprises the above MLS averages, please visit chap.mycalgary.com

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