

SEPTEMBER 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

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CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
July 24	16	20	\$694,789	\$682,500
June 24	20	24	\$709,950	\$732,500
May 24	27	24	\$689,500	\$693,750
April 24	31	27	\$675,000	\$668,500
March 24	17	15	\$675,000	\$680,000
February 24	15	11	\$590,000	\$615,500
January 24	11	13	\$675,000	\$645,000
December 23	5	9	\$599,900	\$608,000
November 23	16	16	\$694,400	\$685,000
October 23	13	12	\$587,450	\$587,500
September 23	14	17	\$700,000	\$699,000
August 23	22	17	\$579,900	\$589,500

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

To purchase your \$20 membership, please visit www.chaparralcommunity.com.

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), 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).

Do You Remember?

Do you remember the 21st night of September?
Neither does Earth, Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!

CCA BOARD OF DIRECTORS

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Vice President	Lynette Javaheri	vp@chaparralcommunity.com
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Director at Large	Hayden Rombough	director@chaparralcommunity.com
Director at Large	Anna Rybak	valley@chaparralcommunity.com
Director at Large	Anton Ovtichnikov	membership@chaparralcommunity.com

VOLUNTEERS

Trailblazer Editor	Daisy Zhuang	editor@chaparralcommunity.com
Website/Memberships	Anton Ovtichnikov	membership@chaparralcommunity.com
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Community Garden (Chaparral Green Thumbs)	Jolene Ottosen	chaparralgreenthumbs@gmail.com
Chaparral Lake Representative	This Could Be You!	
Chaparral Valley Representative	Anna Rybak	valley@chaparralcommunity.com
Chaparral Ridge Representative	This Could Be You!	
Chaparral Ravine Representative	This Could Be You!	
Chaparral Playground Coordinators	Lynette Javaheri Anna Rybak	vp@chaparralcommunity.com valley@chaparralcommunity.com
Events Coordinator	This Could Be You!	
Local Business Relations	This Could Be You!	
Safe Communities Initiative	Anton Ovtichnikov	membership@chaparralcommunity.com

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Crime Statistics



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PRESIDENT'S MESSAGE

Happy fall!

A big thank you to everyone who joined us for our Summer Bash on August 11 — it was a blast!

We're thrilled to announce that we've received a grant from the Province of Alberta to help build a new permanent outdoor skating pad in Chaparral Valley. This will replace the temporary Adopt-A-Rink setup from previous years.

We deeply appreciate all the amazing volunteers who supported the Adopt-A-Rink program and contributed to the new project.

We aim to break ground this fall and have the pad ready for use this winter. Stay tuned for more updates!

Donna Reid

Chaparral Community Association President



Pet of the Month

Meet Chaparral's Pet of the Month – Pixel!



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\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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Smart Ways to Manage Excess Garden Produce

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

As gardeners, a bumper crop is a source of pride, but for some, it can also be a source of stress as you navigate how to deal with excess produce. Every year, Canadians dispose of over 50 million tonnes of food waste. This is hugely problematic for a variety of financial, environmental, and social reasons. Food waste costs consumers money and leads to an increase in greenhouse gases if not disposed of correctly and highlights social inequalities. The last thing we want is for our gardening work to contribute to this problem!

Canning and Freezing

Freezing is my favourite way to store extra produce as there is generally minimal prep involved beyond washing and perhaps pitting if it is something like stone fruit. Canning is also loved by many but is far too hot and labour-intensive for my taste. I have occasionally made an exception for things like cherry jelly, but generally, I am a freeze fan. However, I have found that some foods are worth the effort to freeze in a more finished form. For example, one year I pre-shredded a lot of zucchinis, thinking of the future zucchini bread I would make. The reality, as I thawed the shreds, was a wet mess that I ended up never using and eventually composted after I cleaned out the freezer. A better use was when I took a day to bake the zucchini bread and freeze that instead. I am the same with tomatoes. While I do freeze some whole, I make better use of them when I make sauce and freeze the finished product. I don't love the process, but I am very thankful later on when I have something ready-made to use.

Redistributing the Harvest

Another option for those who have more than they need is to give it away to family and friends. In the late summer, I often see memes online cautioning those who befriend zucchini growers to be aware of the "dangers" as their friends try to pawn off their prolific produce. However, despite the memes, most of us love having those friends. One of my colleagues used to bring in extra vegetables to work and spread them out on a table, emailing colleagues to let them know to help themselves. He never had to take any home again!

While giving the food away to people we know is great, another option that people don't always consider is donating that extra produce to a local food bank. Most of us think of non-perishable canned or dried items when we think about donating to a food bank, but food banks do accept perishable food, and many even have programs encouraging gardeners to plant a row for the food bank. In our community garden, we always dedicate at least one plot to the food bank.

Food Bank Donations

If you are considering donating produce to a food bank, here are some things to consider:

- Recommended produce: beans, peas, tomatoes, beets, turnips, potatoes, zucchini, carrots, onions, garlic, and leafy greens.
- Crab apples and other home-grown fruit are generally not accepted.
- Leave the dirt on! Garden soil actually protects the vegetables and washing kickstarts the decomposition process. Produce might not look as nice, but it will keep longer if you leave the dirt on.
- Whenever possible, donate the produce in a container you don't expect to get back.
- Bring in the donations as close to harvest as possible.

The Calgary Food Bank tracks donations from community gardens, and last year over 100,000 pounds of food was donated through the Grow a Row program. Whatever you decide to do with the fruits of your labour, may your gardens be full of more produce than weeds and bring you joy throughout the process!

If you are interested in more information about our garden, email us at chaparralgreenthumbs@gmail.com.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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SEPTEMBER

SEPTEMBER 2 | LABOUR DAY

SEPTEMBER 5 | NATIONAL CHEESE PIZZA DAY

SEPTEMBER 22 | FALL EQUINOX



CHAPARRAL 2024 HOUSING MARKET REVIEW

**January 1 - August 1, 2024*

CHAPARRAL

DETACHED

High | \$2,955,000
Low | \$556,786
Avg. | \$793,115
#Sold | 93
Avg. days on mkt. | 18

ATTACHED

High | \$665,000
Low | \$325,000
Avg. | \$494,834
#Sold | 29
Avg. days on mkt. | 13

CONDO

High | \$387,500
Low | \$295,000
Avg. | \$342,292
#Sold | 12
Avg. days on mkt. | 20

Stats current as of August 1, 2024 @ 11:59 pm. For more detailed market sales information, please contact Team Palmer at 403.836.3018 or info@teampalmer.ca.

NEW



120 Chaparral Ravine View SE

NEW



9 Sunhurst Crescent SE



44 Chaparral Way SE



107 Brightondale Crescent SE



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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.lakechap.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, 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 2024 LCRA Membership Fees were announced in May – the deadline to pay the fees is July 1. 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.

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.lakechap.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 is working on keeping you informed with our monthly communications. 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

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

Movie in the Park

Date: Saturday, September 21, 2024

Movies: TBD

Time: TBD

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 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.

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)

continued on next page

Please visit www.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!

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 engaging youth in a safe, youth-led, adventurous program of a wide variety of indoor and outdoor activities. A big thank you for supporting our programs through our many fundraising efforts.

Beavers (ages 5 to 7) – Tuesdays, 6:30 to 7:30 pm

Cubs (ages 8 to 10) – Mondays, 6:45 to 8:15 pm

Scouts (ages 11 to 14) – Wednesdays, 6:30 to 8:00 pm

Ventures (ages 15 to 17) – Wednesdays, 6:30 to 9:00 pm

Please visit www.scouts.ca for more information.

Drawing Classes for Kids with Young Rembrandts

Non-residents welcome

Fridays

Cartooning | Ages 6 to 12 | 4:30 to 5:30 pm

Elementary | Ages 6 to 12 | 5:45 to 6:45 pm

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

With over 35 years' experience, Young Rembrandts is the leading art education program for children. Proudly serving Calgary with art and drawing classes for kids for over fourteen years.

Our weekly drawing classes are designed so your children can participate from preschool through sixth grade and never repeat a lesson. Stimulate your child's creative spirit - enrol now!

Enrol online at www.youngrembrandts.com/southernalberta or call us at 403-457-DRAW (3729).

Yin Yang Yoga

Non-residents welcome

Tuesdays, 9:30 to 10:30 am

A well-rounded practice to find balance and harmony, engaging your body and mind.

\$140 for seven classes or \$25 drop-in.

For beginners and those who wish to deepen their practice. Yin yoga stimulates and stretches the body's fascia, soothes the nervous system, and relaxes the mind. The Yang part of the practice invigorates, builds strength and stamina.

To register and learn more, email alina.meetyourselfyoga@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

Hello Lake Chaparral!

Summer is coming to a close — and what a season it was! From heat waves to massive thunderstorms with buckets of rain, we really saw it all!

The past month has been a big one for events: the End of Summer Bash was a ton of fun, and the Campout on the Beach sold out in 43 minutes! Due to the high demand, we're considering hosting a second Campout each year — stay tuned!

We've got the much-anticipated Movie in the Park coming up this month. Can't wait to see you all there!

Best wishes,

Dylan Lock

General Manager



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

How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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

In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.
- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings,

especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers.

"Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."

- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.



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Calgarians in need



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samaritanclub.ca

Back-to-School Safety

from Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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GAMES & PUZZLES

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1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
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