

APRIL 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

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### CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
February 25	22	19	\$669,000	\$682,000
January 25	12	8	\$682,450	\$675,000
December 24	8	15	\$649,900	\$662,000
November 24	14	10	\$767,400	\$758,500
October 24	13	14	\$724,450	\$717,000
September 24	13	14	\$564,450	\$562,000
August 24	25	17	\$575,000	\$600,500
July 24	17	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

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

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<p><b>News, Events, &amp; More</b></p>	<p><b>Crime Statistics</b></p>	<p><b>Real Estate Statistics</b></p>
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### CCA BOARD OF DIRECTORS

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Treasurer	Mike Reid	treasurer@chaparralcommunity.com
Director at Large	Hayden Rombough	director@chaparralcommunity.com
Director at Large	Anna Rybak	valley@chaparralcommunity.com
Director at Large	Anton Ovtichnikov	membership@chaparralcommunity.com
Director at Large	Gustavo Barcelos	director2@chaparralcommunity.com

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Chaparral Valley Representative	Anna Rybak	valley@chaparralcommunity.com
Chaparral Ridge Representative	This Could Be You!	
Chaparral Ravine Representative	This Could Be You!	
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	Anna Rybak	valley@chaparralcommunity.com
	Hayden Rombough	director@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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## PRESIDENT'S MESSAGE

### Understanding the Role of the Chaparral Community Association (CCA)

The Chaparral Community Association (CCA) is a volunteer-led organization that represents residents of Lake Chaparral, Chaparral Ridge, Chaparral Ravine, and Chaparral Valley. As the official body for our community, the CCA collaborates with government officials, voices residents' concerns regarding land use (commercial, industrial, and residential), and advocates for our collective position on issues related to education, transportation, the environment, and infrastructure.

In addition, the CCA actively supports local sports, community programs, and social activities. We keep residents informed through the *Chaparral Trailblazer*, our website, and our social media channels.

A thriving, vibrant community relies on active participation from its residents. The CCA Board encourages everyone to become a member and, when possible, attend our monthly meetings. Your involvement helps make Chaparral an even better place to live.

### Recent CCA Contributions to the Community

The CCA has played a key role in the development of the Chaparral Common and Chapalina Crescent playgrounds, as well as the Green Thumbs Community Garden. We continue to organize regular community clean-ups, oversee the Adopt-a-Rink program in the Valley, and host the Valley Summer Bash. Our efforts also include beautification projects, such as decorative garbage bin wraps, and major annual events like the Stampede Kick-Off Breakfast (co-organized with the Lake and open to all Chaparral residents) and the Festival of Lights.

We have been strong advocates for traffic safety improvements, including traffic signal lights and Rapid Movement Flagship Beacons (RFB), and we support Safe Communities initiatives. In addition, the CCA has provided input on various Development Permit Applications and offered feedback on several commercial developments, including Chaparral Meadows, the Bottle Depot, the Telus Cell Tower, BFI Canada Inc., and Inland Cement.

For more information about the Chaparral Community Association, please visit our website at [chaparralcommunity.com/](http://chaparralcommunity.com/).

### Upcoming Community Events

Don't miss our Annual Easter Egg Hunt at Chaparral Valley Square Park on Sunday, April 13, from 1:00 to 3:00 pm. Our next Chaparral Community Association meeting will take place on April 9 at 7:00 pm in the Jet's Room at Cardel Rec Centre. We encourage everyone to join us and get involved.

We invite more residents to join us in enhancing our community. A CCA membership is just \$20 per family, per year.

Stay updated by visiting our website and following us on Facebook and Instagram at ChaparralCA.

*Donna Reid*

Chaparral Community Association President



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## Spring Garden Timeline

*Contributed by Jolene Ottosen for the Chaparral Green Thumbs*

Every year, I publish a spring planting guide, considering it a sufficient start-up resource for the season. However, this year, I want to expand on it, as preparing a yard for spring involves much more than just planting a vegetable garden.

While this article provides a general timeline, please keep in mind that spring conditions in Calgary vary from year to year, and the timing is highly dependent on the weather.

### Early Spring

Early spring can mean the beginning of April or a few weeks later. I consider it to have arrived when temperatures consistently warm up, the snow has melted, and nighttime temperatures remain above 0°C.

While it may be tempting to clear out dead foliage from fall, resist the urge for now—this ground cover helps protect tender new growth from unexpected cold snaps. Instead, focus on watering your trees and bushes. Calgary typically receives little snowfall, so mature plants benefit from a deep, slow watering to allow moisture to reach the roots rather than running off.

At this stage, you can also begin planting seeds for annuals that dislike being transplanted. Be mindful of where you've planted spring bulbs—crocuses are often the first to emerge, followed by grape hyacinth and squill. Tulips, daffodils, and alliums appear a little later, while irises and anemones bloom closer to summer.

### Mid-Spring

As temperatures continue to rise, you may feel tempted to start putting plants outdoors. However, Calgary's nights can still be quite cold. If you can't resist, be prepared to bring pots indoors each evening, or opt for hardy pansies, which tolerate temperature fluctuations well.

As your lawn dries out, begin raking any remaining fall leaves, but only when the soil is dry, walking on damp soil compacts it, making it harder for plants to thrive. At this stage, you can also start removing some debris from around perennial crowns but avoid clearing everything completely.

This is also a suitable time to prune evergreens and shrubs that can be trimmed year-round.

### Late Spring

By late April or early May, as temperatures continue to warm, it's time to set up rain barrels and reattach eavestroughs. You can also finish clearing away any remaining dead foliage from fall.

Once leaves have emerged and flowers have bloomed, complete any necessary tree pruning. When doing so, check for signs of fungus or disease, such as black knot, and follow proper pruning and disposal methods.

Around the May long weekend (or the week after), it is typically safe to begin planting in earnest. However, keep an eye on nighttime temperatures and be prepared to protect young plants if needed.

As always, happy gardening!

For more information or details on upcoming events, email us at [chaparralgreenthumbs@gmail.com](mailto:chaparralgreenthumbs@gmail.com).

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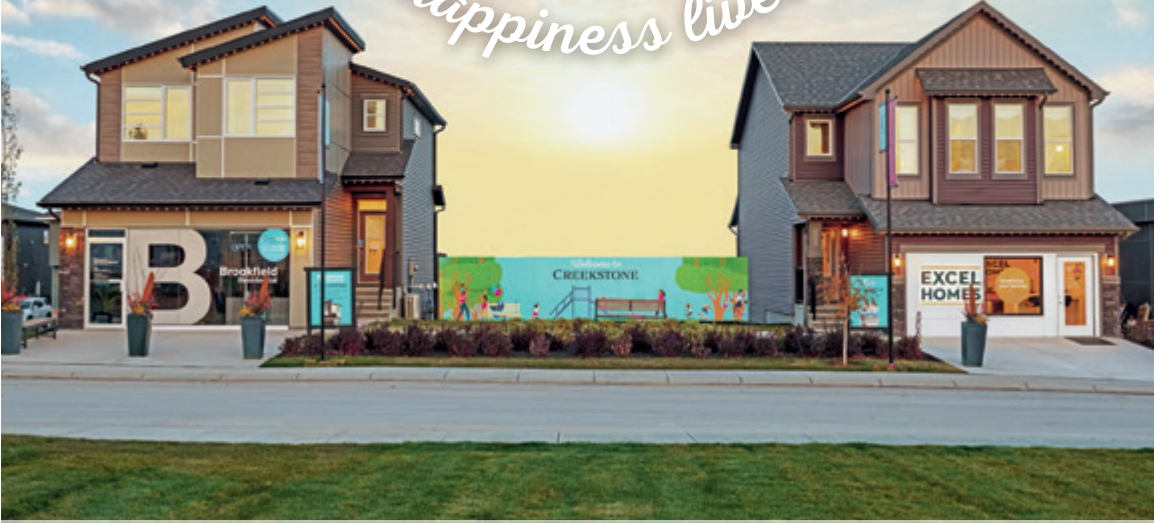
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## Park Information

Park Hours: 9:00 am to 8:00 pm

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

Phone: 403-254-4148

Email: [info@lakechap.ca](mailto:info@lakechap.ca)

Website: [www.lakechap.ca](http://www.lakechap.ca)

Facebook: [www.facebook.com/lakechapyyc](http://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 2024/25 LCRA Membership Fees were announced in May – the deadline to pay the fees was 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. All outstanding accounts are subject to interest and 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](mailto: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](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.

### 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](mailto:info@lakechap.ca) and we will be happy to update your account.

## Upcoming Events

### Easter Eggstravaganza

Date: Saturday, April 12, 2025

Time: 11:00 am to 3:00 pm

Easter is approaching! Come experience our Easter Eggstravaganza, where we will be hosting games, an inflatable bounce house and slide, a magician, a scavenger hunt, crafts, concession, and more!

Please visit [lakechap.ca/events](http://lakechap.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. \$0.50 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 [www.devotiondanceworks.com](http://www.devotiondanceworks.com) or contact Elizabeth Rieb at 403-828-9675 or [elizabeth@devotiondanceworks.com](mailto:elizabeth@devotiondanceworks.com).

### **Intellidance® Babies (3 to 11 months)**

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

To register, please email [intellidance.calgary@gmail.com](mailto: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](http://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](http://wellnessdojo.ca/martial-arts) or contact Sifu Kyle at [cuttingedgekf@gmail.com](mailto: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, 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](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 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.

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

### **Return to Neutral**

Non-residents welcome

Wednesdays, 9:15 to 10:15 am

Mat Pilates classes, geared to restore mobility in joints, improve posture, ease pain, improve flexibility, and improve strength.

Courses run once per week. Price is \$110 for a six-week session or \$25 for one drop-in pass.

Visit [www.return2neutral.com/](http://www.return2neutral.com/) for more information.

### **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](mailto:margo.sutter@gmail.com).

### **Zumba with Feel Good Fitness CGY**

Non-residents welcome

Thursdays, 7:15 to 8:15 pm

A Zumba class for every body.

Have fun and get sweaty dancing to an upbeat mix of Latin, and pop rhythms. No experience is necessary, and everyone is welcome. Drop-ins welcome – e-transfer or cash, \$10 per class.

For more information, visit the Feel Good Fitness CGY Facebook page at [facebook.com/share/g/1A6pQwr28x/?mibextid=K35XfP](https://facebook.com/share/g/1A6pQwr28x/?mibextid=K35XfP).

*continued on next page*

## THE LCRA TODAY - CONTINUED

### First Friday Art Creations - Adult

Date: April 4, 2025

Time: 5:30 to 7:30 pm

Where: Upstairs – Main Room

Cost: TBD

### Last Tuesday "Big and Little Creations"

Date: April 29, 2025

Time: 4:30 to 5:30 pm

Where: Function Room

Cost: TBD

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](mailto:krystelle.creations@gmail.com).

### 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 the General Manager

April is here, bringing seasonal changes and continued off-season park use.

Our teams are hard at work preparing the park for the summer months ahead, with many of our spring planting and landscaping initiatives already underway.

Fun Fact: Earth Day has been celebrated annually on April 22 since 1970. Recognized by over 190 countries, it is the world's largest secular observance, dedicated to raising awareness of environmental issues and protecting the planet.

Best wishes,

*Dylan Lock*

General Manager

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**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	Dylan Lock	

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2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



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# Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

### 1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

### 2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

### 3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

### 4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

### 5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

### 6. Confidence Tips

**Before the Date:** Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

**During the Date:** Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

**After the Date:** Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

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