

AUGUST 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

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END OF SUMMER BASH

AUGUST 23

11:00 AM TO 3:00 PM



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Garden's Love Letter Unfolds by Maureen Bisanti



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Devin Elkin

— WARD 14 —

Rooted in Community



Hello Ward 14!

By the time this edition of the Great News community newsletter hits your mailbox, we will hopefully have recovered from all those mini donuts we consumed, the pain and suffering from those cowboy boots that get dusted off once a year, and worked off all those community Stampede events. I want to issue a special thank you to all the volunteers that helped make this annual right of passage here in Calgary a success. It was one to remember. Now we are three months away from the 2025 civic election on October 20th. Please mark your calendars.

I want to take a moment and thank everyone who expressed their appreciation for putting my name forward to be your next Ward 14 Councillor. As the last 10 years have taught me, your support and appreciation are what makes serving the residents of Ward 14 so enjoyable and together we will take the next step, ensuring Ward 14's continued profile as the city's best ward.

Over the next few months, I hope to connect with those of you who don't know me or what I have been doing for the Ward over the past decade as community assistant. I will be hosting several "chat with the candidate" pop up events throughout the ward, so watch for these dates on your community socials or on my website at www.devinelkin.com. These are designed for those that are not overly comfortable with people coming to their doors but are still interested in knowing what's what. I will be available for a few hours in each location and will have a white 10x10 tent set up. I am looking forward to having some great conversations with you all.

I hope you all survived Stampede and have some great plans for the rest of the summer.

Please take the time to visit www.devinelkin.com where I have outlined why I believe I am ready to be your next city councillor and what 10 years of public service has taught me.

Thank you all for loving where you live and caring about Ward 14's future.

Devin Elkin

Rooted in Community

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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!	
Chaparral Playground Coordinators	Lynette Javaheri	vp@chaparralcommunity.com
	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 Ovtichnnikov	membership@chaparralcommunity.com

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PRESIDENT'S MESSAGE

It was wonderful to see so many of you at our Stampede Kick-Off Pancake Breakfast, co-hosted with the Lake Chaparral Residents Association (LCRA)! It was a fantastic day filled with delicious pancakes, fun games, and beautiful weather—thank you to everyone who joined us!

Mark your calendars for our next big event — the Summer Bash!

Join us on Saturday, September 6, from 1:00 to 3:00 pm at Chaparral Valley Square Park (beside the outdoor rink). Follow us on Facebook for the latest updates and event details.

The CCA is proud to host a variety of events throughout the year, including:

- Easter Egg Hunt
- Stampede Kick-Off Pancake Breakfast (co-hosted with LCRA)
- Summer Bash
- Murder Mystery Nights
- Skate with Santa
- Festival of Lights

We're currently looking for an Events Coordinator to help plan and organize these wonderful community activities. If you're interested in volunteering or getting involved, we'd love to hear from you! Please email us for more information.

Did You Know?

CCA members can borrow a variety of sports equipment, including adult and child snowshoes, walking poles, and a portable disc golf game. Reach out to sign out any of these items.

Our monthly board meetings typically take place on the second Wednesday of each month, with our next meeting scheduled for September. All are welcome to attend!

Many hands make light work—if you'd like to get involved and help make Chaparral an even better place to live, please contact me at president@chaparralcommunity.com.

Donna Reid

Chaparral Community Association President



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WORD OF THE MONTH

Galumph: Verb
(guh-LUMF)

To move in a noisy or awkward style.



They galumphed around the living room looking for Sara's phone.

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Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.



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	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
June 25	28	19	\$592,500	\$584,600
May 25	27	22	\$674,400	\$669,500
April 25	24	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
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

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

Growing Garlic: A Garden Favourite

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

One of my favourite parts of August garden planning is preparing for the garlic harvest. Garlic is one of the easiest and most rewarding crops to grow—low-maintenance, long-lasting, and full of flavour. With a bit of planning and patience, you'll be rewarded with bulbs that can last all year, plus delicious garlic scapes in early summer (arguably the best part!).

Planting and Growing

Last fall—on November 3, to be exact—I planted about 100 cloves of garlic saved from the previous summer's harvest. I grow a hardneck variety called Russian Red, which stores well and produces large, flavourful cloves. I look for bulbs with around five thumb-sized cloves, avoiding ones that are overly large, as the bulbs tend to size up year after year.

I didn't mulch this year, but I planted the cloves deep enough to cover them with about an inch of soil. Some gardeners recommend watering after planting to help the cloves settle in, but in my experience, no watering is needed—just let nature do its thing.

By late April, green shoots began to emerge, and I was happy to see that nearly all the garlic had survived the winter.



Garlic Scapes: A Summer Bonus

On June 28, I harvested 86 garlic scapes—about two weeks earlier than last year. I left around ten to grow a bit longer. I like to harvest scapes once they've formed a full curl but before the flower begins to develop. Waiting too long can make them woody and overly pungent.



Ready to harvest the scapes later.

Removing the scapes helps the plant direct more energy into growing the bulb. As for the scapes themselves? I puree some with oil and freeze the mixture flat in a zip-top bag—perfect for breaking off chunks to use in dressings or sautés.

The rest becomes garlic scape pesto, blended with toasted nuts (pecans are our favourite), parmesan, basil, oil, salt, and a splash of lemon juice. This, too, is frozen flat and enjoyed year-round—a little taste of summer in every bite.



Getting ready to harvest.



Harvest.

Harvesting Garlic Bulbs

Garlic bulbs are usually ready for harvest in August, once the lower leaves begin to yellow. Last year, I harvested on August 15, but with everything maturing earlier this season, I expect to harvest closer to the August long weekend.

To harvest, I use a garden fork to gently lift the bulbs, being careful not to damage the protective skins. I usually let the soil dry out beforehand, so I don't wash the bulbs—just brush off large clumps of dirt. If it's been a wet year, a light rinse may be necessary but be cautious—too much moisture can lead to mould during curing.



Curing.



Trimmed and ready.

Curing and Storing

Proper curing is key to long-term storage. Once cleaned, lay the garlic in a single layer on newspaper or cardboard in a cool, dry, well-ventilated space—your garage might work well. Turn the bulbs every few days and check

them regularly. You want them dry but not shrivelled. Last year, I cured mine until September 2.

If you're growing softneck garlic, you can braid the stalks. For hardneck varieties like mine, trim the stems about one centimetre above the bulb after curing, then let them sit for another day or two before storing.

I store my garlic in a cloth bag with good airflow, hanging in a cool, dark basement storage room. A double-layered drawstring bag with a dark lining works well, but any breathable, light-blocking container will do. The goal is to keep the garlic dry and dark, with just enough air circulation to prevent mould without drying it out too much.

If you're curious about growing garlic or want to learn more about our community garden, we'd love to hear from you!

Email us at chaparralgreenthumbs@gmail.com.



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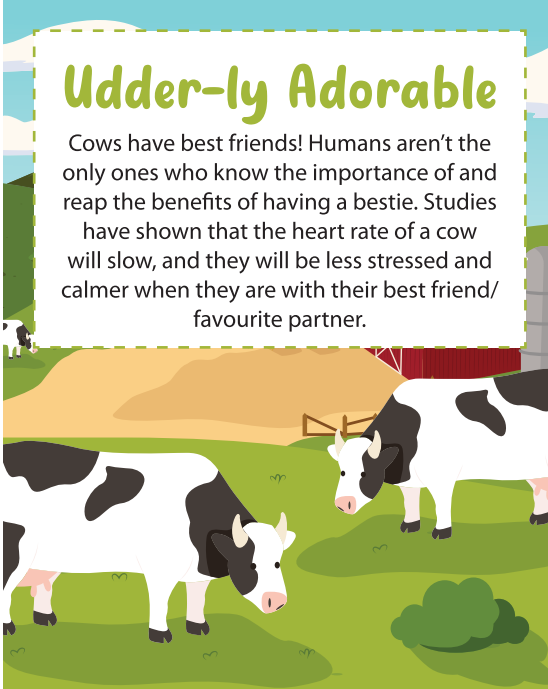
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Park Information

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/lakechappy

Instagram: [@lakechappy](https://www.instagram.com/lakechappy)

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.

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 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

End of Summer Bash

Date: Saturday, August 23

Time: 11:00 am to 3:00 pm

Come on out to the park for the last event of the summer. We will have Splash Mountain and more! We will also have a band playing this year!

Our concession will be open selling hot dogs, hamburgers, and more.

Stay tuned to social media for more details.

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

Summer Camps

Please visit lakechap.ca/summer-camps/ for all up-to-date camps available this summer.

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:

- Gigggle & 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 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, 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.

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/ 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.

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.

continued on next page

THE LCRA TODAY - CONTINUED

For more information, visit the Feel Good Fitness CGY Facebook page at facebook.com/share/g/1A6pQwr28x/?mibextid=K35Xfp.

First Friday Art Creations - Adult

Date: Returning in September

Time: 5:30 to 7:30 pm

Where: Upstairs – Main Room

Cost: TBD

Last Tuesday “Big and Little Creations”

Date: Returning in September

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.

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

Greetings everyone,

We're well into summer, and it's been a warm one! I hope you're all enjoying the new and improved concession, our edible garden initiative, and everything else the season has to offer at the lake.

This will be my final month as General Manager of the LCRA. Thank you for the opportunity to serve this incredible community. I'm deeply grateful for the experiences we've shared, the relationships we've built, and the progress we've made together over the past three years.

As I move into a new chapter, I encourage you to continue showing compassion to one another and to support the incoming management team, staff, and Board. A strong community is rooted in patience, kindness, cooperation, and connection.

It's been an absolute pleasure!

All the best,

Dylan Lock

General Manager



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



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Vice President	Jeff Saxinger	bod@lakechap.ca
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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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