

FEBRUARY 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **CHAPARRAL** trailblazer

BRINGING CHAPARRAL RESIDENTS TOGETHER

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Girl with Toboggan in Snow by Daisy Zhuang

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CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
December 24	9	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
February 24	15	11	\$590,000	\$615,500
January 24	11	13	\$675,000	\$645,000

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

CHAPARRAL COMMUNITY ASSOCIATION MEMBERSHIP

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 centerpiece 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).

Leap Year

There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!



CCA BOARD OF DIRECTORS

President	Donna Reid	president@chaparralcommunity.com
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Director at Large	Anna Rybak	valley@chaparralcommunity.com
Director at Large	Anton Ovtichnikov	membership@chaparralcommunity.com
Director at Large	Gustavo Barcelos	

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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	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 Ovtichnikov	membership@chaparralcommunity.com

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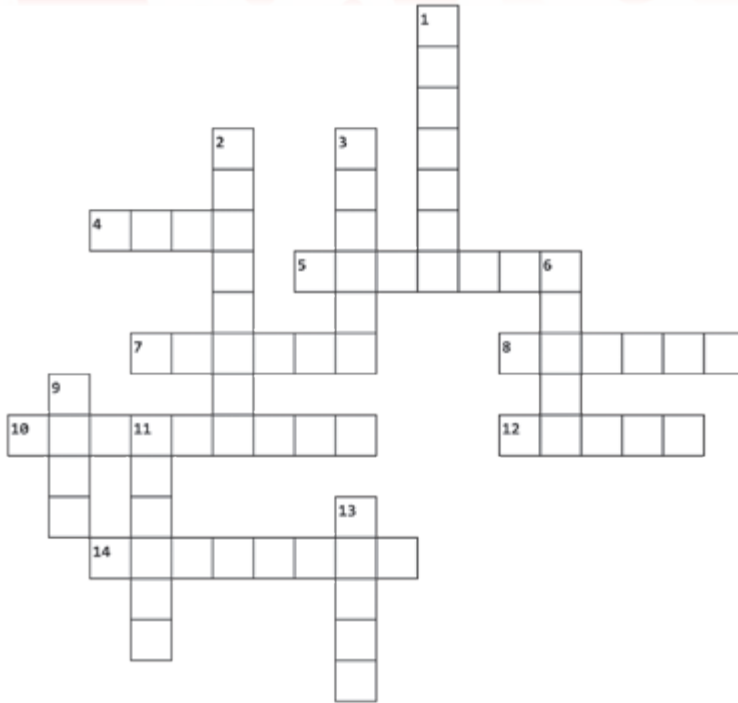
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February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Winter Garden Reflections

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

Winter is an excellent time to reflect on your yard and garden, assess what is working and what isn't, and decide if changes are needed.

Sunlight and Zone

The first consideration is the amount of sunlight a plant receives in its current location and its zone hardiness. Calgary is in Zone 4a, which means most plants rated for Zones 2 and 3 will thrive here, and many rated for Zone 4 will as well. Keep in mind that the zone information provided with plants only indicates the zones where they have been tested. For instance, a plant capable of growing well in Zone 3 but tested only in Zone 4 will be labelled as Zone 4.

Although winter days are shorter, you can still observe your garden throughout the day to track how much sunlight different areas receive. Remember, summer days are longer, and the sun is higher in the sky. Regular observations throughout the year can provide valuable insights. Also, consider existing plants both in your yard and neighbouring yards. Trees from adjacent properties will have leaves in the summer, potentially altering sunlight conditions. If a plant needs full sun, it requires at least six hours of direct sunlight throughout the growing season, not just during the peak of summer. Part-sun plants need three to six hours of sunlight daily.

If sunlight seems to be the issue, you might move the plant to a sunnier location. Alternatively, if moving it isn't feasible, you can manipulate the environment by trimming nearby vegetation or rearranging other plants to allow more sunlight.

For spaces that are too sunny or hot, consider planting something to provide shade, such as a perennial shrub, larger annuals, or even adding decorative structures like trellises or fencing. These solutions can also protect plants from wind. For areas that are too cold, increasing sunlight exposure by trimming nearby plants can help. Placing rocks or bricks around the area can also create warmth, as these materials absorb heat during the day and release it at night. Additionally, using darker mulch

or painting nearby walls or fences can attract heat. Covering plants with row covers or clear plastic in spring and adding extra mulch in winter are other effective measures.

Another method to insulate plants is to use water as a heat source. Consider filling one- or two-litre bottles with water, burying them horizontally near the plant's base. These can absorb heat during the day and release it at night. While I haven't personally tried this, planters with water-filled bases use the same principle, suggesting it could be effective. Just remember where you bury the bottles to avoid surprises when digging later!

Soil Type and Moisture

As you consider light conditions, also think about soil and moisture. Was the soil in your garden brought in, or is it what was left after construction? Poor soil can often be improved with compost, peat moss, worm castings, or other organic matter. Some plants need nutrient-rich soil, while others thrive in less fertile conditions. Winter is a great time to plan soil amendments.

Moisture levels are equally important. Is the garden bed in a low spot where water pools, or is it elevated and dry? Are you willing to adjust the elevation? How much effort are you prepared to invest in watering? Personally, I prefer to minimize water usage for environmental and economic reasons. Rain barrels help, but they require hand-watering, which isn't always practical for me. For high-water-need annuals like tomatoes or basil, I've found wicking pots to be a game-changer. These pots have large water reservoirs under the soil. If you're interested, winter is a good time to explore DIY wicking pot designs and gather materials.

Appropriateness

Finally, consider whether you're willing to meet the plant's needs. If something isn't thriving in my garden, it's often due to neglect. I'm an inconsistent gardener and do best with hardy, low-maintenance plants. Be realistic about your gardening habits and commitment. If a plant isn't working for you, perhaps it's better suited to someone else's garden where you can visit it instead!

For more information or details on upcoming events, email us at chaparralgreenthumbs@gmail.com.

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, 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.

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

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

Ice Fishing Derby

Date: Saturday, February 15, 2025

Time: 10:00 am to 1:00 pm

Stay tuned to our social media for more details about the upcoming 2025 Ice Fishing Derby!

We will be hosting this competition, split between adults and youth, with prizes for catching the most and largest perch.

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 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: <https://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, 9:30 to 10:20 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.

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

First Friday Adult Art Workshop LCRA

Hosted by Krystelle Creations at Lake Chaparral.

Date: February 7, 2025

Time: 6:00 to 8:00 pm

Where: Lake Chaparral Residents Association

Cost: TBD

continued on next page

THE LCRA TODAY - CONTINUED

Last Thursday Art Classes LCRA

Hosted by Krystelle Creations at Lake Chaparral

Date: February 25, 2025

Time: 7:00 to 8:00 pm

Where: Lake Chaparral Residents Association

Cost: TBD

Limited spots available! Reserve yours today on the Lake Chaparral Residents Association website or contact us at 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

Hello Lake Chaparral!

Happy February! We hope you're staying warm and making the most of the skating and sledding season.

This month marks the return of the annual LCRA Ice Fishing Derby! The event aims to help us manage the lake's perch population and mitigate overpopulation issues.

As with last year, the derby will be open to the public for an entry fee, while members can join for free. It's a fantastic opportunity to bring the community together—we hope to see you there!

Fun Fact of the Month: Canada's flag was first raised on Parliament Hill 60 years ago this February!

Best wishes,

Dylan Lock

General Manager



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(NOT AFFILIATED WITH THE CCA)



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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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Deux nouvelles écoles francophones

- Primaire M-6
- Secondaire 7-12

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Queen B's Grammy Reign

With the Grammys on February 1, Beyoncé could surpass her own record of 32 Grammy wins, cementing her place as the most Grammy-awarded artist ever! Adding to this remarkable achievement, she has 11 nominations for the 2025 Grammy Awards, bringing her grand total to an incredible 99 nominations. Truly the Queen of the Grammys!

Word of the Month

Eudaemonia: noun (yoo-di-moh-nee-uh)

Happiness, well-being, good spirit.

We are all trying to experience Eudaemonia.



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