

JUNE 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

# your **CHAPARRAL** trailblazer

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## LCRA/CCA STAMPEDE BREAKFAST

**JUNE 21**  
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	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
April 25	27	21	\$739,000	\$735,500
March 25	18	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
June 24	20	24	\$709,950	\$732,500
May 24	27	24	\$689,500	\$693,750

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

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Director at Large	Anna Rybak	valley@chaparralcommunity.com
Director at Large	Anton Ovtichnnikov	membership@chaparralcommunity.com
Director at Large	Gustavo Barcelos	director2@chaparralcommunity.com

### VOLUNTEERS

Trailblazer Editor	Daisy Zhuang	editor@chaparralcommunity.com
Website/Memberships	Anton Ovtichnnikov	membership@chaparralcommunity.com
Social Media	Anna Rybak	media@chaparralcommunity.com
Community Garden (Chaparral Green Thumbs)	Jolene Ottosen	chaparralgreenthumbs@gmail.com
Chaparral Lake Representative	Anton Ovtichnnikov	membership@chaparralcommunity.com
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

### CONNECT WITH THE CHAPARRAL COMMUNITY ASSOCIATION

📧 Follow us on (X)Twitter @chaparralca 📷 Follow us on Instagram @chaparralca 📘 Find us on Facebook @chaparralca

### SCAN HERE TO VIEW ADDITIONAL CHAPARRAL CONTENT

#### News, Events, & More



#### Crime Statistics



#### Real Estate Statistics



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## PRESIDENT'S MESSAGE

### Summer is Here!

Join us for the Chaparral Community Cleanup on Sunday, June 8, from 9:00 am to 1:00 pm at the Lake Chaparral overflow parking lot. Be sure to follow us on Facebook for updates and more event details!

The Chaparral Community Association (CCA) organizes a wide variety of events throughout the year, including:

- Murder Mystery Nights
- Easter Egg Hunt
- Stampede Kick-Off Breakfast (co-hosted with the Lake Chaparral Residents Association)
- End-of-Summer Bash
- Skate with Santa
- Festival of Lights

We're currently looking for an Events Coordinator to help plan and organize these exciting community activities. If you're interested in volunteering, please send us an email—we'd love to hear from you!

Did you know? CCA members can borrow sports equipment such as adult and child snowshoes, walking poles, and a portable disc golf set. If you'd like to borrow any of these items, just reach out to us!

Our monthly board meetings are typically held on the second Wednesday of each month. We always welcome new faces—many hands make light work!

If you'd like to get involved, please contact us at [president@chaparralcommunity.com](mailto:president@chaparralcommunity.com).

Warm regards,

*Donna Reid*

Chaparral Community Association President

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# Celebrating 50 Years of Fish Creek Provincial Park

by Katrina Terrill, Executive Director of the Friends of Fish Creek Provincial Park Society

The wind whispers through willow branches along the banks of the slowly melting creek. Flocks of geese fly overhead looking for their perfect nesting spot for the spring. A woodpecker drills into the side of a nearby fallen tree, while a yapping coyote can be heard in the distance. Alongside these idyllic nature scenes, you can also hear... bicycle bells and the distant rumble of Tsuut'ina Trail? While walking in Fish Creek Provincial Park can sometimes feel like a stroll through an isolated wilderness, this local treasure is situated well within the city of Calgary and is one of the largest urban parks in Canada.

Fish Creek Provincial Park wasn't always considered to be so urban. When the park was first established in 1975 (as Peter Lougheed's first act as Alberta's Premier), the grounds were on the very edge of Calgary. As the city grew, so too did interest in living near a large natural area, and soon Fish Creek Provincial Park was engulfed by the growing city. These days, Fish Creek Provincial Park has more than 350,000 people in sixteen communities live next to Fish Creek, along with an estimated three to four million visitors per year. It is a vital part of the fabric of Calgary, with 63 unique plant ecosystems, hundreds of species of wild animals, picnic areas, a lake for swimming, and over 100 kilometres of trails for people to explore.

2025 marks an incredible milestone for Fish Creek Provincial Park – its golden anniversary. This park has meant so much to so many people over the past 50 years, and we at the Friends of Fish Creek Provincial Park Society are eager to celebrate with you all! We invite you to mark your calendar for a special 50<sup>th</sup> Anniversary party on June 7 at the Bow Valley Ranch day-use area. Join us and many community partners between 10:00 am to 3:00 pm for a party featuring family-friendly activities, free plant/seed giveaways, a 50/50 raffle, prize draws, food trucks, and much more!

In advance of the event, we are also asking community members to share their stories and photos of their experiences within Fish Creek Provincial Park over the last 50 years. Submit your memories to us at

fishcreek50th@friendsoffishcreek.org, and you could be featured on our social media pages and website in the lead-up to the event, as well as a special 50<sup>th</sup> Anniversary edition of the Friends' calendar.

Anniversaries like these are incredibly special, and we at the Friends of Fish Creek Provincial Park are looking forward to celebrating with all of our neighbours soon!

For more information on this event and other Friends of Fish Creek Provincial Park Society activities, head to our website at [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org).

## Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.

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## Your Summer Garden Checklist

*Contributed by Jolene Ottosen for the Chaparral Green Thumbs*

Many people think of spring and fall as the busiest seasons for gardeners, with summer reserved for simply enjoying the fruits of their labour. While there's some truth to that, the reality is that maintaining a beautiful yard or garden takes effort all season long.

Here's a checklist of the most important summer tasks to keep your garden thriving:

### Early Summer

**1. Mulch:** Ideally, mulching happens in spring, but summer is when plants need it most. Mulch helps retain moisture and reduces evaporation in the heat. Check your garden beds to ensure you have at least an inch of mulch and add more if needed.

**2. Watch For Pests:** Keep an eye out for slugs, aphids, ants, and red lily beetles. Spotting and dealing with a few pests early are much easier than tackling a full infestation later.

**3. Remove Excess Vegetation:** Overgrown areas can attract pests like voles. Though not dangerous, voles can damage your garden by chewing on roots and bark and creating unsightly tunnel systems in your lawn. If you have a compost pile, turn and water it regularly—untended piles can attract voles and mice.

If voles are already an issue, consider deterrents such as coyote urine spray, installing owl nesting boxes, live trapping (for smaller problems), or contacting pest control if the infestation is significant.

**4. Water Wisely:** In summer heat, deep and infrequent watering is best. It encourages healthy root systems and improves drought tolerance. Water in the morning whenever possible and aim to water at the base of the plants rather than from above.

**5. Weed Regularly:** Weeds thrive in summer and can quickly go to seed, so stay on top of them. It's easiest to weed when the soil is moist and weeds are young. For deep-rooted weeds like dandelions, a long garden knife works well. (A colleague of mine uses kitchen knives—but that wouldn't fly in my household!) Garden knives are usually more durable too.

**6. Mow Thoughtfully:** Consider leaving your grass a little longer—it helps shade the roots and retain moisture. When mowing, vary your pattern to prevent ruts or stripes from forming.

### Midsummer

**7. Deadhead Flowers:** Remove faded or dried-up blooms regularly. Even if they look finished, they continue to draw energy away from new flower production. For herbs and other plants, you don't want to flower, pinch off the blooms to prevent them from becoming woody or bitter.

**8. Fertilize:** By midsummer, many plants have depleted springtime nutrients. A top-up using natural fertilizers—like compost or worm castings—supports stronger, healthier growth than synthetic nitrogen.

**9. Remove Dead Plants:** If a plant dies due to pests, disease, or winterkill, remove it promptly to avoid spreading problems. Don't compost diseased or infested plants—dispose of them properly.

**10. Fill In Bare Spots:** If you've removed a dead plant or your spring blooms are fading, refresh the space with colourful annuals to keep your garden vibrant through summer.

**11. Pick Produce Promptly:** Harvest your fruits and vegetables as soon as they ripen. Doing so encourages continued production and higher yields by allowing the plant to focus energy on new growth.

**12. Try Succession Planting:** Once you've harvested crops like radishes or lettuce, consider planting another round. Many cool-weather crops—like spinach, lettuce, and kale—can still thrive in late summer or early fall.

**13. Divide Bearded Irises:** If you grow bearded irises, summer is the time to divide them. They go dormant in the heat and should be divided every three to four years to maintain their health and bloom quality.

I hope this checklist helps you prioritize your summer garden tasks and make the most of the season. Happy gardening!

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

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

Facebook: [www.facebook.com/lakechapyyc](https://www.facebook.com/lakechapyyc)

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

Please note that the entrance is closed 30 minutes prior to designated closure to allow our staff time to clear the facilities. The park may also close early due to weather, lack of residents accessing the space, seasonal off-peak months, or other issues as deemed valid by LCRA management. By default, the park and lake will be closed at temperatures of -25°C (without wind chill).

### Reminders and Announcements

#### Membership Fees

The 2025-26 LCRA Membership Fees 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. 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

#### 2025 LCRA/CCA Stampede Breakfast

**Date: Saturday, June 21**

**Time: 9:00 am to 12:00 pm**

The date for the annual Stampede Breakfast has been set! The LCRA is partnering with the Chaparral Community Association and local volunteers to host this event, which will include a free pancake breakfast, multiple local vendors, a horse and carriage ride, a bouncy house, a farm animal petting corral, live music, and more!

This event will be free and accessible to residents in Lake Chaparral, Chaparral Ridge, and Chaparral Valley. Stay tuned to our social media pages and website for updates.

Please visit [lakechap.ca/events](http://lakechap.ca/events) for all up-to-date information on upcoming events, programs, and activities.

### Summer Camps

Please visit [lakechap.ca/summer-camps/](http://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:

- 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**

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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.

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### **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

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Email Margo for more information at [margo.sutter@gmail.com](mailto:margo.sutter@gmail.com).

*continued on next page*

### **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).

### **First Friday Art Creations - Adult**

Date: June 6, 2025

Time: 5:30 to 7:30 pm

Where: Upstairs – Main Room

Cost: TBD

### **Last Tuesday “Big and Little Creations”**

Date: June 24, 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**

Greetings, everyone,

June is here, bringing with it the official start of summer!

All our services and amenities are now open and ready for you to enjoy. Come sign out a kayak for a cruise on the lake, rent a cookshack, or fire up one of our complimentary BBQs for a cookout. Borrow a volleyball and hit the sand courts, visit our Concession (open Thursday to Sunday), and explore everything the season has to offer!

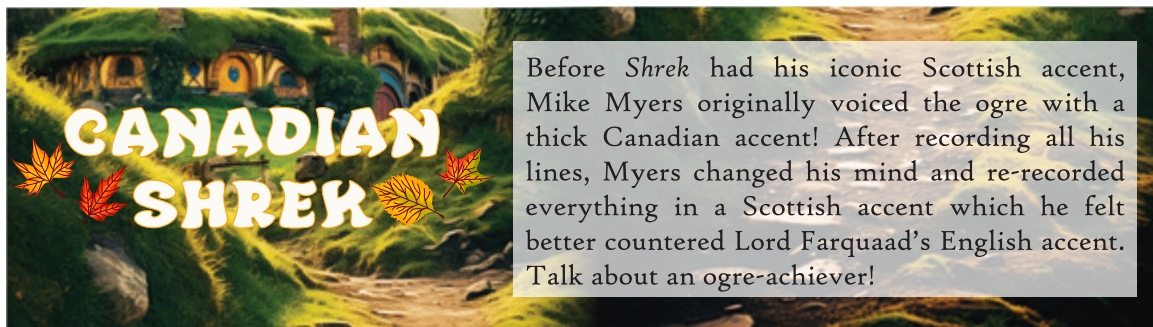
Summer is always a busy time for us, both administratively and operationally, so we appreciate your patience with any inquiries or requests you may have submitted.

Fun Fact: The summer solstice—the longest day of the year—falls on June 20. Be sure to make the most of the extra daylight! June is also a time for celebration and reflection as we recognize both National Indigenous History Month and Pride Month in Canada.

Best wishes,

*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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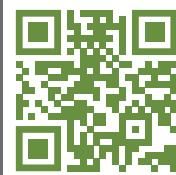
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# Stop Apologizing Already

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

### 1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

### 2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."



c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."

Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

### 3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



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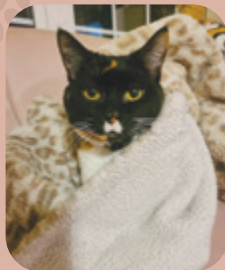
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