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May 26	26	18	\$763,750	\$765,000
April 26	25	22	\$664,900	\$669,500
March 26	14	17	\$620,000	\$620,000
February 26	14	11	\$720,000	\$710,000
January 26	20	11	\$644,900	\$641,000
December 25	4	9	\$685,000	\$675,000
November 25	9	10	\$640,000	\$626,000
October 25	15	17	\$650,000	\$644,900
September 25	24	11	\$649,999	\$675,000
August 25	13	14	\$737,450	\$728,275
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PRESIDENT'S MESSAGE

See You at Our Summer Bash!

Summer may be winding down, but there's still plenty to look forward to! Mark your calendars for our Summer Bash on Sunday, September 13, from 1:00 to 3:00 pm at Chaparral Valley Square Park, beside the new skating pad. We look forward to another afternoon of fun, activities, and connecting with neighbours. Follow us on Facebook for event updates and additional details as they become available.

The Chaparral Community Association is proud to host a variety of events throughout the year, including:

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

Did you know? As a CCA member, you can borrow a variety of recreational equipment, including adult and children's snowshoes, walking poles, and a portable disc golf set. If you'd like to borrow any of these items, simply contact us to arrange pickup.

Our Board of Directors typically meets on the second Wednesday of each month. Our next meeting will take place in September, and community members are always welcome to attend.

We're always looking for volunteers who want to help make Chaparral an even stronger, more vibrant community. Whether you can assist at an event or are interested in joining a committee, we'd love to hear from you. Please feel free to contact me at president@chaparralcommunity.com.

I hope you enjoy the rest of your summer, and I look forward to seeing many of you at our upcoming events!

Warm regards,

Donna Reid

Chaparral Community Association President



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Holding Onto Summer: Drying Flowers, Saving Seeds, and Preserving the Garden's Best Moments

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

Peonies are the divas of the garden.

Summers are short in Calgary, and somehow the best parts always feel even shorter. Nothing embodies that more than peonies.

Every spring, they're among the first plants to poke their noses above the soil. We spot those reddish crowns pushing through last year's dried-up garden debris and are suddenly filled with hope. Winter is losing its grip. Gardening season is coming.

With little encouragement from us, the plants shoot up. Lush foliage appears almost overnight. Then the buds begin to form. Every day, they get a little bigger, a little rounder, teasing us with what's to come. We watch the ants that cover them, drawn to the sticky nectar they produce. When the ants' interest begins to fade, we know the wait will soon be over.

And when the flowers finally open, they are breathtaking—huge, fragrant blooms that stop you in your tracks every time you walk past.

For a week, maybe two if the weather cooperates, or just a few days if it doesn't.

Then, just as quickly as they arrived, the petals are on the ground and the show is over.

This is what led me to my latest gardening obsession. In a somewhat desperate attempt to hold onto my peonies a little longer, I bought a microwave flower press. What started as a mission to preserve a few blooms has become a full-blown effort to capture as much of the garden as possible before summer slips away.

As I write this, my peonies are nearly finished. The ground beneath them is littered with petals, but I've interrupted the cycle and harvested quite a few blooms. Now I have a box full of dried beauties. Meanwhile, my zinnias, cosmos, strawflowers, and more are just getting ready to bloom, and I can't wait to see what else I can preserve.

Beyond Flowers—What Else Can We Dry?

While I love my dried flowers and have already turned a few into cards, I know this particular obsession won't be for everyone. Thankfully, there are plenty of other things in the garden that can be dried, and most require no special equipment beyond a little patience.

Fresh herbs are wonderful, and they also happen to be among the easiest things to preserve. I often tie mine into bundles and hang them in the basement or garage. They look lovely dangling from the rafters and make the whole space smell amazing. Dried herbs aren't exactly hard to find in Calgary, but I've always found home-dried herbs have better flavour. The ones I tend to dry are mint, oregano, rosemary, thyme, sage (I give the leaves a good rub before drying), and dill, although my dill often ends up in the freezer as well.

I've also been known to collect ornamental grasses, yarrow, and interesting seed pods for dried arrangements. I leave many of my allium seed heads standing long after the flowers are gone because they dry into beautiful sculptural shapes that I can cut later in the season. Right now, however, I do not recommend pussy willows or cattails. Let's just say I've had some unpleasant experiences involving pollen and other unexpected materials making their way around the house. More experimentation is required—perhaps in the garage instead of the living room. Maybe I could microwave those too...

Save the Seeds, Save the Garden

Finally, one of the most rewarding things to dry is seeds. Many plants will happily do most of the work for you if you simply leave a few to mature and dry in place. While you'll need to collect the seeds before they drop, it's best to leave them on the plant as long as possible and harvest only when the seed heads are fully dry. Easy plants to start with include calendula, nasturtiums, marigolds, hollyhocks, peas, beans, and lettuce.

Once you've harvested your seeds, spread them out on cardboard, paper towel, or a screen and leave them for about a week. When they're dry enough that you can't dent them with a fingernail, they're ready for storage. Paper envelopes work best because any lingering moisture can escape. Be sure to label them clearly—future you will be grateful. Store the envelopes in an airtight container somewhere cool and dry. If you've

collected silica gel packets over the years, toss one or two into the container to absorb any remaining moisture.

As I said at the beginning, Calgary summers are far too short. Hopefully these ideas help you hold onto them just a little longer.

If you are interested in joining us in the garden next season, we would love to hear from you! Please email us at chaparralgreenthumbs@gmail.com.



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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/lakechappyyc.

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

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 windchill).

Reminders and Announcements

Membership Fees

The 2026-27 LCRA Membership fees were announced on June 1, 2026 – the deadline to pay fees is July 1 of each year. 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.
Yellow Flag = The lake is recommended for watercraft use only

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

Campout on the Beach

Friday, August 14, 2026

Details TBD. More information to come, stay tuned to our website and social media for details.

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

Summer Camps

Please visit www.lakechap.ca/summer-camps for up-to-date information on summer camps.

More information to come, stay tuned to our website and social media for details.

Drop-In Programs

LCRA Senior Games

Mondays, 12:00 to 3:00 pm.

Cost: \$1 per person, drop-in.

Attention all seniors! Come out to socialize with your neighbours and friends, play games, and enjoy coffee at the lake house. Bridge and Mahjong are currently the games of choice. Seniors – if you have any game ideas, please let us know.

LCRA Walking Club

Tuesdays and Thursdays, 10:00 am to 12:00 pm.

Cost: \$1 per person, drop-in.

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.

Did you know that three laps around the walking path = two kilometres?

Registered Programs

Registration for the programs below is 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 and 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.

Cutting Edge Kung Fu

The Wellness Dojo's Little Ninjas Kung Fu Class for ages 4 to 7.

Non-residents welcome.

Every Saturday from 9:15 to 10:15 am, located at Lake Chaparral.

\$90 per month.

This class is aimed to start teaching structure, discipline, and respect while having fun learning the basics of Kung Fu!

Visit www.wellnessdojo.ca/martial-arts or contact Sifu Kyle at cuttingedgekf@gmail.com.

Book your Kung Fu Ninja Party today!

- Learn Kung Fu (Punches, Kicks, and Ninja Moves!)
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Visit www.wellnessdojo.ca/ninja-birthday.

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 our fundraising. If you have extra bottles you would like to donate, please go to the Walden Bottle Depot, 19618 Walden Blvd, and request donation to the 251st Chaparral Scouts - Sarah account. Thank you for your support!

Margo Sutter Yoga – Chair Yoga

Non-residents welcome.

Wednesdays, 12:30 to 1:30 pm.

Registered session - \$60; drop-in \$18.

Making the health benefits of Yoga available to everybody. Accessible sequences to build strength, flexibility, and inner calm.

Email Margo for more information at margo.sutter@gmail.com.

Stars Dance Studio - Adult Group Ballroom Dance Lessons

Non-residents welcome.

Mondays, 7:00 to 8:00 pm.

Calgary Stars Dance Studio invites you to the beautiful world of music and dance!

Specializing in all styles of Ballroom, Latin, and Country Dances. These dances include Waltz, Tango, Foxtrot, Viennese Waltz, Quickstep, Cha-Cha, Samba, Rumba, Paso Doble, Jive, Salsa, West Coast Swing, East Coast Swing, Two Step, and Double Shuffle.

Committed to helping students develop both as dancers and people. They lead them to find their own styles and ultimately reach their full potential!

Please visit www.calgarystars.ca/adult-group-ballroom-dance for more information!

Yoga with Alexis - Hatha Yoga

Thursdays at 7:15 pm.

continued on next page

Gentle Hatha Yoga is a slower-paced class designed to build strength, flexibility, and balance in a supportive and accessible way. Through mindful movement, breath awareness, and longer-held postures, you'll improve mobility while calming the nervous system.

This class is ideal for all level, and anyone looking for a softer, grounding practice. Modifications are always offered so you can move in a way that feels right for your body.

Mobility and Yin

Tuesdays at 9:15 am.

A gentle, slower-paced class focused on deep stretching, mobility, and improving range of motion. Using longer-held, accessible postures, this class is great for beginners, those feeling stiff or tight, and anyone wanting to complement strength training or other more active workouts. It can also be a supportive practice for easing tension, improving flexibility, and creating more ease in the body overall.

To register please visit www.yogawithalexis.ca/.

LCRA Board and Management

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!

It's hard to believe we're already in August. Every year, it seems like we wait all winter for summer to arrive, and then before we know it, we're talking about back-to-school shopping and the changing seasons.

Despite how quickly summer passes, there is still plenty of time to enjoy everything Lake Chaparral has to offer. Whether you're spending the day at the beach, taking the boat out, enjoying the playground with family, or simply relaxing by the water, I encourage everyone to make the most of these last few weeks of the season.

Behind the scenes, our team is already looking ahead. While we remain focused on keeping the lake operating

smoothly through the busy season, we are also planning fall maintenance projects and capital improvements that will help preserve our amenities for years to come.

As a reminder, every resident entering the park must bring their membership card so it can be scanned at the gate, even if they are arriving with other members of the same household. The only individuals who do not require a membership card are guests, as they are signed in by the accompanying member. Scanning each resident's card helps us collect valuable usage data, which plays an important role in planning future amenities, staffing levels, and capital improvements.

For added convenience, you are welcome to keep a photo of your membership card on your phone instead of carrying the physical card. If you choose to do so, we recommend testing it at the gate beforehand to ensure the barcode scans properly, as image quality can vary between devices.

Fun Fact of the Month: Bees visit thousands of flowers every day. In fact, a single honeybee may visit up to 5,000 flowers in one day while collecting nectar and pollen.

I hope you continue to enjoy the remainder of the summer.

Take care,

Laura Bruch



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

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gofund.me/31fdeef6f

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Lake Chaparral

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Vice President	Andrew P.	bod@lakechap.ca
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Secretary	Laura T.	bod@lakechap.ca
Director at Large	Jeff S.	bod@lakechap.ca
Director at Large	Sandra F.	bod@lakechap.ca
Director at Large	Jude A.	bod@lakechap.ca
Director at Large	Ryan M.	bod@lakechap.ca

Lake Chaparral Residents' Association Management

Not Affiliated with the CCA

Role	Contact
General Inquiries	LCRA Guest Services info@lakechap.ca
Office Manager	Linda Milot office@lakechap.ca (for HOA-related inquiries)
General Manager	Laura Bunch



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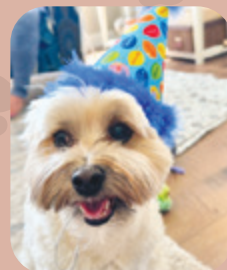
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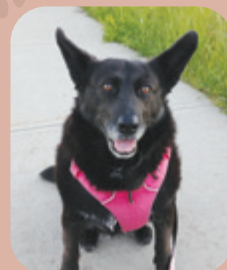
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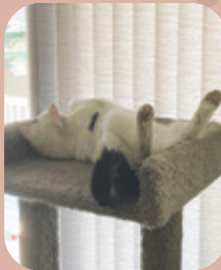
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Mental Health Moment: Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

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