

FEBRUARY 2026

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your CHAPARRAL trailblazer

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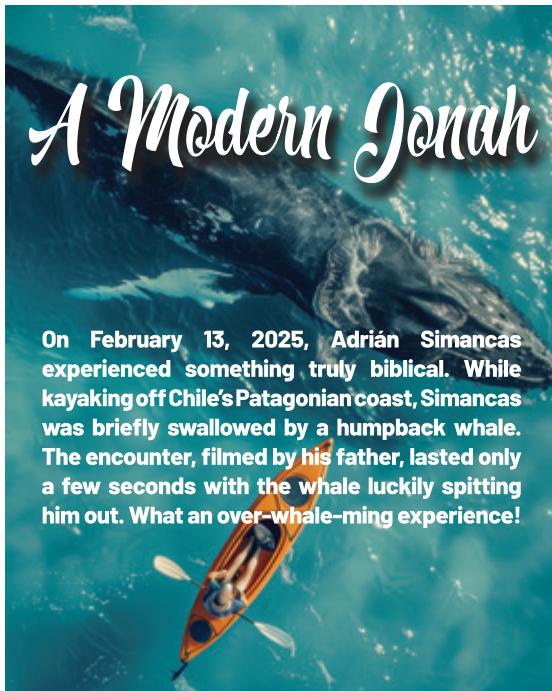
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#300, 340 Midpark Way SE
Fish Creek Executive Centre

A Modern Jonah

On February 13, 2025, Adrián Simancas experienced something truly biblical. While kayaking off Chile's Patagonian coast, Simancas was briefly swallowed by a humpback whale. The encounter, filmed by his father, lasted only a few seconds with the whale luckily spitting him out. What an over-whale-ming experience!



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Chaparral Ravine Representative	This Could Be You!	
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Winter Tips to Keep Our Rivers Healthy

by *The City of Calgary*

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit calgary.ca/stormwater.



Happy February!

Snow day? Let's turn it into an adventure. As a Chaparral Community Association (CCA) member, you can borrow snowshoes and walking sticks—perfect for exploring our winter wonderland. To reserve equipment, please email president@chaparralcommunity.com.

Calling All Local Businesses — Let's Team Up!

The Chaparral Community Association is excited to launch our new Business-to-Business Promotion Program, and we invite local businesses to get involved.

For just \$20 per year, participating businesses receive:

- A featured shout-out on our Facebook page.
- Promotion of a special offer or discount on our website.
- Invitations to our signature community events, including the Easter Egg Hunt, End of Summer Bash, and Skating with Santa.

This affordable program is a great way to connect with Chaparral residents, build local visibility, and show your community spirit.

Interested? Email president@chaparralcommunity.com for more information.

Together, let's make Chaparral the best place to live, work, and shop.

Upcoming Community Events

Easter Celebration – March 29 | 1:00 to 3:00 pm

Follow our Facebook page for details and updates.

Our next Chaparral Community Association meeting will be held on February 12 at 7:00 pm in the Jets Room at Cardel Rec Centre. Everyone is welcome, and we encourage residents to come out and get involved.

We are always looking for more community members to join us in enhancing Chaparral. A CCA membership is only \$20 per family, per year.

Please visit our website and follow us on Facebook (@ChaparralCA) for updates, news, and upcoming events.

Warm regards,

Donna Reid

Chaparral Community Association President

Growing in Calgary: How to Learn and Get Inspired

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

Calgary's unique climate—short growing seasons, cool nights, and those unpredictable chinooks—makes gardening here both challenging and rewarding. Whether you're settling into a new home or simply craving a fresh start in your yard, gardening in Calgary can feel daunting at first. The good news? You don't have to figure it out alone.

There are plenty of ways to learn, connect with local experts, and discover tips that make growing in our city not just possible, but enjoyable. From workshops and community gardens to inspiring green spaces around town, you'll find many opportunities to turn your gardening goals into reality.

Where to Learn and Get Inspired

- City of Calgary – Design Your Yard Workshops:** A series of four evening Zoom sessions in February covering yard design, plant selection, irrigation, and composting.
- Local Nurseries and Garden Centres:** Local nurseries and garden centres often host demonstrations and seasonal events—ideal for discovering new plants and getting expert advice.
- Inspiration Spots:** Visit Reader Rock Garden for ideas on hardy perennials or escape the winter chill at Devonian Gardens downtown.

Join Chaparral Green Thumbs

I might be a little biased, but joining Chaparral Green Thumbs is one of the best decisions you can make if you love gardening—or want to learn. Located near St. Sebastian School, this welcoming community garden is ideal for both beginners and seasoned gardeners.

Members can rent a plot, share tools, and learn from experienced gardeners while experimenting without the pressure of creating a garden at home. It's also a wonderful way to meet neighbours who share your passion for growing.

Check the Chaparral Residents Association website for upcoming registration details or see below to email us directly.

What You Can Do in February?

Even in the heart of winter, February is an important month for preparation:

- Plan your garden:** Sketch layouts, choose plants suited for Calgary's Zone 3 to 4 climate, and order seeds early.
- Start seeds indoors:** Tomatoes, peppers, herbs, and some flowers do well under grow lights.
- Prune dormant plants:** Fruit trees and shrubs can be trimmed while dormant.
- Prep tools and soil:** Clean and sharpen tools, test soil pH, and add compost if conditions allow.
- Bring green indoors:** Forced bulbs like amaryllis and paperwhites add an early taste of spring.

Gardening in Calgary may have its quirks, but with a little planning and the right support, it can be one of the most rewarding hobbies you'll ever try. Whether you start with a few patio pots, join Chaparral Green Thumbs, or dive into a full backyard makeover, every step brings you closer to fresh blooms and homegrown goodness.

As always, happy gardening—and here's to a beautiful growing season ahead!

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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December 25	4	9	\$685,000	\$675,000
November 25	10	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
July 25	19	20	\$674,450	\$663,750
June 25	22	19	\$592,500	\$584,600
May 25	21	21	\$649,800	\$640,000
April 25	23	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

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

Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that



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truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

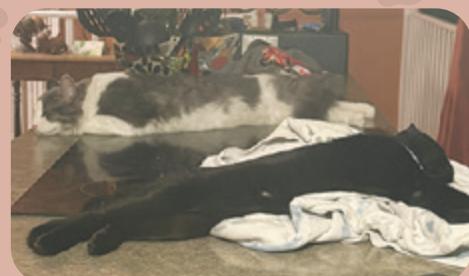
10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

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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.lakechaparralra.ca
Facebook: www.facebook.com/lakechapayyc
Instagram: [@lakechapayyc](https://www.instagram.com/lakechapayyc)

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. 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.

Starting on September 9, 2025, interest will be applied monthly to outstanding accounts at a rate of 1.5%.

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.lakechaparralra.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

Ice Fishing Derby

Date: Saturday, February 21, 2026

Time: 10:00 am to 1:00 pm

This Derby is hosted to not only provide an event to the community, but to assist us with mitigation of our perch overpopulation problem. Please note, registration is required for this event.

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

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

Drop-In Programs

LCRA Senior Games

Mondays | 12:00 to 3:00 pm

Attention all seniors! Come out to socialize with your neighbours and friends, play games, and enjoy coffee at the lake house. The game of choice is currently bridge. 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. \$1 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 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!

Book your Kung Fu Ninja Party today!

- Learn Kung Fu (Punches, Kicks, and Ninja Moves!)
- Birthday Ninja T-shirt (Birthday Boy/Girl)
- Awards and prizes
- Two free weeks coupon for all friends!

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 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.

Thank you for your support!

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.

First Friday Art Creations - Adult

Date: February 6, 2026

Time: 5:30 to 7:30 pm

Last Tuesday "Big and Little Creations"

Date: February 27, 2026

Time: 4:30 to 5:30 pm

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.

Bricks 4 Kidz - Bringing STEM Fun to Chaparral

Introducing Saturday Brick Adventures!

continued on next page

THE LCRA TODAY - *CONTINUED*

A fun and engaging LEGO®-based learning program where kids explore STEAM concepts through hands-on building, teamwork, and creative problem-solving.

Every Saturday. Ages 6 to 12. Theme changes weekly—every session brings a new adventure! Skills: creativity, engineering, confidence, teamwork, problem-solving. Goal: have fun, make friends, and build big ideas.

What kids will experience:

- LEGO® builds and challenges.
- Fun science and engineering projects.
- Motorized models (STEAM builds).
- Imagination missions and themed builds.
- Friendly teamwork and social skills boosting.

Every Saturday is a new adventure, so kids stay excited and inspired!

bricks4kidz.ca/alberta-calgary/

Stars Dance Studio - Adult Group Ballroom Dance Lessons

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: <https://www.calgarystars.ca/adult-group-ballroom-dance-lessons/> for more information!

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

February is here, and winter is in full swing. We hope you're making the most of the season—whether that means gliding across the ice or enjoying a day of sledding with family and friends.

One of this month's highlights is the LCRA Ice Fishing Derby. This annual event plays an important role in managing the lake's ecosystem by helping to reduce the perch population. As in previous years, the derby is open to the public for a small entry fee, while LCRA members can participate at no cost. It's always a wonderful opportunity to connect with neighbours and enjoy time outdoors together.

Fun Fact of the Month: February is the only month that can pass without a full moon—a phenomenon that last occurred in 2018 and won't happen again until 2037.

Laura Bruch



SKIING SISTERS

At the Sochi Winter Olympics on February 8, 2014, Canadian sisters Justine and Chloé Dufour-Lapointe claimed gold and silver medals in the women's moguls freestyle skiing event. They stood together on the podium, marking the first time Canadian sisters had shared an Olympic podium at a Winter Games. What a special sister bond!



LAKE CHAPARRAL RESIDENTS' ASSOCIATION BOARD OF DIRECTORS (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	Laura Bruch	

BRAIN GAMES

SUDOKU

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