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PRESIDENT'S MESSAGE

Summer in Chaparral!

Summer has arrived in Chaparral, bringing with it community celebrations, exciting new developments, and plenty of opportunities to get involved. Here are some of the highlights happening in our neighbourhood this season.

It's Time for the Greatest Outdoor Show on Earth!

The Calgary Stampede is just around the corner! Be sure to check out the 2026 Calgary Stampede Pancake Breakfast Calendar at www.calgarystampede.com/pancake-breakfasts and take advantage of the many breakfasts, events, and activities happening throughout the city.

Thank You for Supporting Our Community Cleanup

A heartfelt thank you to everyone who participated in our Community Cleanup on June 21. Your time, effort, and commitment help keep Chaparral looking its best. Community pride shines through when neighbours come together, and we are grateful to everyone who volunteered.

Permanent Ice-Skating Pad Construction Begins This Summer

We are thrilled to announce that construction of Chaparral's permanent ice-skating pad will begin this summer.

This milestone follows more than three years of collaboration between the Chaparral Community Association (CCA) and the City of Calgary. It would not have been possible without the dedication of a committed group of volunteers who devoted countless hours to planning, advocacy, and fundraising. We look forward to seeing families enjoy this new community amenity for many years to come.

Get Involved in Your Community

The CCA hosts a variety of events throughout the year that bring neighbours together and help strengthen our community, 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

These events are only possible because of our volunteers. Whether you can spare a few hours or would like to take on a larger role, we would love to hear from you.

Equipment Available to Members

CCA members can borrow recreational equipment

throughout the year, including:

- Adult and children's snowshoes
- Walking poles
- Portable disc golf game

To reserve equipment, please contact us and make the most of your next outdoor adventure.

Join a Board Meeting

Interested in learning more about what is happening in Chaparral? Residents are welcome to attend our monthly Board of Directors meetings, typically held on the second Wednesday of each month. It's a great way to stay informed, share ideas, and explore volunteer opportunities.

If you're interested in volunteering or learning more, please contact us at president@chaparralcommunity.com.

Thank you for helping make Chaparral a vibrant, welcoming, and connected community.

Warm regards,

Donna Reid

Chaparral Community Association President



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Summer Garden Checklist

Contributed by Jolene Ottosen for the Chaparral Green Thumbs

Anyone who has lived in Alberta knows that the weather is unpredictable, and summers can be short. Like the plants they grow, Calgary gardeners must be resilient and ready to adapt to whatever conditions the season brings. The following tips will help you make the most of the summer gardening season.

Mulch

By mid-summer, mulch becomes essential in Calgary's dry, often windy conditions. Ensure garden beds have a two to four-inch layer to help retain moisture and regulate soil temperatures during periods of fluctuating heat. Top up mulch as needed, as it naturally breaks down and thins over the season.

Deadhead Flowers Regularly

In July and August, regular deadheading helps extend bloom time. Removing spent flowers encourages plants to continue producing blooms rather than going to seed too early. Continue pinching herbs such as basil to prevent flowering and maintain their flavour.

Harvest Regularly

This is peak production season, so harvest often. Picking vegetables as they ripen encourages continued yields and prevents plants from slowing down. Regular harvesting is especially important in Calgary, where the growing season is relatively short and every week counts.

Watch for Pests

Warm weather brings increased pest activity. Keep an eye out for aphids, flea beetles, slugs, and ants. Hot, dry conditions can stress plants and make them more vulnerable, so inspect your garden regularly and address problems early before they spread.

Water Deeply and Strategically

July and August are typically the driest months of the year, making efficient watering essential. Water deeply two to three times per week to encourage strong root systems, adjusting as needed during heat waves or particularly windy periods. Early morning watering helps reduce evaporation, and watering at the soil level ensures moisture reaches the roots.

Weed Consistently

Weeds compete heavily for moisture during the hottest part of the season. Removing them while they are small helps preserve water for your intended plants. Maintaining a layer of mulch will also help suppress weed growth and reduce maintenance.

Adjust Mowing Practices

Allow lawns to grow slightly longer during periods of peak summer heat to shade the soil and reduce moisture loss. Leaving grass clippings on the lawn can help retain moisture and return nutrients to the soil. Avoid mowing during particularly hot or dry periods to reduce stress on the grass.

Fertilize Lightly if Needed

By mid to late summer, a light application of compost or worm castings can support continued growth, particularly for heavily producing vegetables. Avoid excessive nitrogen, which can encourage rapid growth and increase water demand.

Replace or Replant Where Possible

If plants have failed or early crops have finished, make productive use of the available space. Quick-growing crops or annual flowers can fill gaps, maintain productivity, and help shade the soil to reduce moisture loss.

Succession Plant for Late-Season Harvests

July is an important time for succession planting in Calgary. Replant fast-growing crops such as lettuce, spinach, and radishes to ensure a second harvest before fall. Late-summer sowings can continue producing well into cooler weather, helping to extend the growing season.

Remove Struggling or Diseased Plants

At this stage of the season, it is best to remove plants that are no longer thriving. Doing so helps prevent pests and diseases from spreading and allows water and nutrients to be directed toward healthy plants.

Hopefully, these tips help you prioritize your summer gardening tasks and get the most from your yard and garden. Happy gardening!

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.

Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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

Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.

JULY CHAPARRAL 2026 HOUSING MARKET REVIEW



**Current stats as of January 1, 2026 - June 6, 2026.
(For more detailed market sales information, please contact Team Palmer)*

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High | \$1,855,000
Low | \$500,000
Avg. | \$754,089
#Sold | 61
Avg. days on mkt. | 20

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Low | \$381,850
Avg. | \$506,404
#Sold | 13
Avg. days on mkt. | 31

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Providing you with up-to-date information from the Lake Chaparral Residents Association.

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: <https://lakechaparralra.ca>.

Facebook: <https://www.facebook.com/lakechapyyyc>.

Instagram: @lakechapyyyc.

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 end of May – 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.lakechaparralra.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

Family Fun Day

Saturday, July 18, 2026

Come join us for Family Fun Day. We will have inflatables, duck races, and much more. Our concession will also be open.

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

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

Summer Camps

Please visit <https://www.lakechaparralra.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?

continued on next page

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 <https://devotiondanceworks.com> or contact Elizabeth Rieb at 403-828-9675 or elizabeth@devotiondanceworks.com.

Cutting Edge Kung Fu

Non-residents welcome.

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

The Wellness Dojo's Little Ninjas Kung Fu Class for ages 4 to 7.
\$90 per month.

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

Visit 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!)
- Birthday Ninja T-shirt (Birthday Boy/Girl)
- Awards and Prizes
- Two Free Weeks Coupon for All Friends!

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

Yoga with Alexis - Hatha Yoga

Thursdays at 7:15 pm.

Series Fee: \$90

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 <https://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!

Summer has officially arrived, and the community is buzzing with activity. From early morning walks along the pathways to evenings spent at the beach, this is one of the most vibrant times of year at the lake.

July is always a busy month behind the scenes as well. Alongside daily operations, our staff continue to work hard to maintain the grounds, monitor amenities, and support the many moving parts that keep the season running smoothly. We appreciate everyone's patience and cooperation during high-traffic days as we work to keep the park enjoyable for all residents.

This year, we are also excited to introduce a new slushy machine at the concession—a fun way for everyone to cool off during hot summer days!

The week of July 19 to 25 is Drowning Prevention Week, an important reminder for everyone to practice water safety while enjoying the lake. During busy beach days, we strongly encourage parents and guardians to keep young children within arm's reach and to actively supervise them in and around the water.

With warmer temperatures arriving, it's also a good reminder to stay hydrated, use sunscreen, and take breaks from the heat when needed.

Fun Fact of the Month: Dragonflies are among the fastest insects in the world and can fly up to 50 km/h. They are also excellent mosquito hunters, making them helpful visitors around lakes and wetlands during the summer months.

Wishing everyone a safe, healthy, and enjoyable July filled with relaxation, connection, and continued enjoyment of the summer season.

Take care,
Laura Bruch

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Hello Neighbours!

We're already halfway through 2026! Springtime means a lot is going on within our beautiful and thriving city. Warmer weather means increased pedestrians, cyclists, and motorcyclists. Construction will be predominant within our communities, as well as workers beginning to fix potholes, trim trees, cut grass, and clean our streets. A reminder to be aware of your surroundings and share the road. Together we can make sure everyone returns home safely!

Stampede and summer festivities have already started within our beautiful communities. We want to send out a special thank you to our Community Associations and volunteers for taking the time to host these amazing events. Without our volunteers, events such as these would not be possible!

We are looking forward to continuing to work with our fellow residents. Stay tuned for our upcoming Ward 14 webpage and be sure to check in on my social media pages for updates at this time.

Contact Our Office

General inquiries: Ward14@calgary.ca.

Community information and events: CLWard14@calgary.ca.

Following up on an issue?: CAWard14@calgary.ca.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
May 26	32	18	\$763,750	\$765,000
April 26	27	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
July 25	19	20	\$674,450	\$663,750
June 25	22	19	\$592,500	\$584,600

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



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Lake Chaparral Residents' Association Board of Directors

Not Affiliated with the CCA

Role	Director	Contact
President	Dave B.	bod@lakechap.ca
Vice President	Andrew P.	bod@lakechap.ca
Treasurer	Greg J.	bod@lakechap.ca
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	Brian F.	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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