

NOVEMBER 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

# your **CHAPARRAL** trailblazer

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## CHRISTMAS CRAFT FAIR

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*Poppies for Remembrance by Jolene Ottosen*



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### CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

|              | Properties Listed | Properties Sold | Median Listed Price | Median Sold Price |
|--------------|-------------------|-----------------|---------------------|-------------------|
| September 26 | 16                | 11              | \$599,000           | \$588,000         |
| August 26    | 29                | 14              | \$724,400           | \$719,250         |
| July 26      | 17                | 8               | \$642,450           | \$629,000         |
| June 26      | 25                | 18              | \$737,500           | \$746,250         |
| May 26       | 26                | 18              | \$763,750           | \$765,000         |
| April 26     | 26                | 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         |

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

### CCA BOARD OF DIRECTORS

|                   |                    |                                   |
|-------------------|--------------------|-----------------------------------|
| President         | Donna Reid         | president@chaparralcommunity.com  |
| Vice President    | Hayden Rombough    | vp@chaparralcommunity.com         |
| Secretary         | Charlene May       | secretary@chaparralcommunity.com  |
| Treasurer         | Mike Reid          | treasurer@chaparralcommunity.com  |
| Director at Large | Lynette Javaheri   |                                   |
| Director at Large | Anna Rybak         | valley@chaparralcommunity.com     |
| Director at Large | Anton Ovtichnnikov | membership@chaparralcommunity.com |
| Director at Large | Gustavo Barcelos   | director2@chaparralcommunity.com  |
| Director at Large | Lynn King          | ridge@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             | Lynette Javaheri   |                                   |
| Chaparral Valley Representative           | Anna Rybak         | valley@chaparralcommunity.com     |
| Chaparral Ridge Representative            | Lynn King          | ridge@chaparralcommunity.com      |
| Chaparral Ravine Representative           | This Could Be You! |                                   |
| Chaparral Playground Coordinators         | Lynette Javaheri   |                                   |
|                                           | Hayden Rombough    | vp@chaparralcommunity.com         |
| Events Coordinator                        | Anna Rybak         | valley@chaparralcommunity.com     |
|                                           | Gustavo Barcelos   | director2@chaparralcommunity.com  |
| Local Business Relations                  | This Could Be You! |                                   |
| Safe Communities Initiative               | Anton Ovtichnnikov | membership@chaparralcommunity.com |
| Education Representative                  | Gustavo Barcelos   | director2@chaparralcommunity.com  |

### CONNECT WITH THE CHAPARRAL COMMUNITY ASSOCIATION

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**Joke of the Month**

What's the smartest month of the year?

Know-ember.

## PRESIDENT'S MESSAGE

Hello, November!

The days are getting shorter, the evenings are getting cozier, and the holiday season is just around the corner! November is a wonderful time to slow down, enjoy our community, and look ahead to the festive events coming this winter.

On November 11, we pause to remember and honour the courage, dedication, and sacrifice of all those who have served and continue to serve to protect our freedoms.

And a little reminder for this year—there is no Daylight-Saving Time change in Alberta, so there's no need to turn your clocks back this November!

### Mark Your Calendars!

The holiday season is coming to Chaparral, and we have some fun community events to look forward to! Keep an eye on our Facebook page and website for details about our much-loved Skate with Santa and Festival of Lights events coming later this winter. These events are all about bringing neighbours together, creating memories with family and friends, and celebrating the wonderful community we call home. We can't wait to see you there!

### Get Outside and Enjoy the Season!

Did you know that your CCA membership comes with some great recreational perks?

CCA members can borrow:

- Adult and child snowshoes
- Walking poles
- A portable disc golf game

And there's no additional cost for members!

Whether you're heading out for a snowy adventure, enjoying a winter walk with the family, or looking for something new to try, we have equipment to help you get outside and enjoy our beautiful community.

### Be Part of Your Community

The Chaparral Community Association is run by volunteers who care about making our community a great place to live, connect, and raise our families.

Our Board meetings are held on the second Wednesday of each month, and we're always happy to welcome new

faces! You don't need to make a big commitment to get involved. Whether you have a special skill to share, a great idea, a little time to volunteer, or simply want to meet more of your neighbours, we'd love to have you join us. As the saying goes, many hands make light work!

Interested in getting involved? Contact us anytime at [president@chaparralcommunity.com](mailto:president@chaparralcommunity.com).

From our CCA family to yours, we're looking forward to a wonderful winter season filled with community, connection, and a little holiday magic!

Warm regards,

*Donna Reid*

Chaparral Community Association President



# OFFICIAL

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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## Poppies for Remembrance

by Jolene Ottosen



Calgary has so many beautiful floral beds throughout the city. However, I have always loved the sudden and often surprising splashes of red found in some of the medians, such as along Memorial Drive and the stretch in Lakeview along Crowchild Trail as you head into North Glenmore Park. Most of the poppies in Lakeshore are now gone, but the plant is tenacious, and every year a few still poke through, an echo of their former glory.

In 1915, Lieutenant Colonel John McCrae, a doctor with the Canadian Army, was inspired by the resilient red poppies that appeared among the fresh graves of fallen soldiers, thriving in the lime-rich soil left behind by the devastation of war. This image inspired him to write the famous poem many of us learned in elementary school, *In Flanders Fields*. Although McCrae was not entirely satisfied with the poem at first, its vivid imagery sparked a movement that would see the poppy become a symbol of remembrance for fallen soldiers, as well as a means of raising funds for veterans' organizations throughout North America and Europe.

In England during the 1920s, concern began to grow that memorial services for the Great War were perhaps romanticizing war too much, causing people to forget the havoc it had wrought on families who lost husbands, fathers, and sons. In 1933, the Women's Co-operative Guild began distributing white poppies as a symbol of a

pledge for peace and an end to war. With the advent of the Second World War, the white poppy movement lost momentum for a time, although it regained popularity in the 1980s. In Canada, the white poppy movement never really caught on. However, there has been enough interest to spark debate between the Canadian Voice of Women for Peace and the Royal Canadian Legion over the use of the white poppy, as the Legion holds a trademark on the use of poppies of any colour as symbols of remembrance.

If you choose to wear a poppy on Remembrance Day, the Legion suggests wearing it from the last Friday in October until November 11. There is some debate over whether it should be removed immediately following a Remembrance Day ceremony, when many are placed on a cenotaph, wreath, or the Tomb of the Unknown Soldier, as is common in Ottawa, or whether it can be worn for the remainder of the day. However, it generally should not be worn after Remembrance Day unless you are attending the funeral of a veteran.

### Growing Your Own Poppies

Poppies come in many shapes and sizes, but if you want to grow the classic Remembrance Day poppy, you are looking for *papaver rhoeas*, a bright red variety that self-seeds and grows to about 12 inches in height. This variety is fairly hardy and easy to grow.

Among the red varieties, another popular and striking choice is the Oriental poppy (*papaver rhoeas*), which I admire longingly in other people's gardens but cannot seem to grow myself successfully. For years, I had a Blue Himalayan poppy (*meconopsis betonicifolia*) that faithfully produced leaves and seemed to grow, but every year refused to bloom. That might be because I had it planted in a full-sun bed. While many poppies flourish in sunny locations, some, including the Himalayan poppy, prefer cooler conditions and a bit more shade.

Other varieties include the Iceland poppy (*p. nudicaule*), which comes in shades of yellow, red, pink, and white and grows to about 18 inches, and the California poppy (*eschscholzia californica*), known for its yellow to deep-orange flowers and distinctive feathery foliage. Be warned, however, that many Iceland and California poppies tend to revert to orange after the first season, regardless of the colour of the original plant.

Most poppies can be grown from seed in sunny, well-drained soil, with seeds sown in either spring or fall. Leave the seeds uncovered, or barely covered, and water every few days until they germinate. Most varieties bloom early and for a relatively short time, so it is a good idea to intersperse them with later-blooming plants to avoid bare spots in the garden once they have finished flowering. *Papaver rhoeas* has one of the longer bloom periods among the annual poppies.

While many varieties self-seed readily, they do not always transplant well because of their long taproots. These deep roots are part of what makes established poppies both hardy and drought tolerant. So, whether you are growing poppies as an act of remembrance, a pledge for peace, or simply as a splash of beauty in your garden, you should be able to find success with this versatile flower here in Calgary.

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](mailto:chaparralgreenthumbs@gmail.com).

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## Red Deer Lake United Church

Join us at 10:30 am every Sunday – onsite or online (YouTube - @RedDeerLakeUnitedChurch) as we explore faith, hope, and connection together. We're an inclusive and affirming community of faith made up of people of all ages, backgrounds, and perspectives. Located just minutes from most South Calgary communities, and only 20 minutes from the Northwest via Stoney Trail - we're closer than you think!

### UPCOMING EVENTS

#### NOVEMBER

- November 1 – No service at Red Deer Lake, join us at the McDougall site
- November 4, 10:00 am – Coffee with the Minister
- November 5, 7:00 pm – Sound & Soul
- November 14, 9:00 am – Men's Breakfast Fellowship Gathering
- November 14, 10:00 am – Country Market & Café
- November 21, 2:00 pm – OTE Concert
- November 22, 10:30 am – Advent 1 Begins
- November 28, 5:00 pm – Country-Style Turkey Supper

#### DECEMBER

- December 3, 7:00 pm – Sound & Soul
- December 9, 10:00 am – Coffee with the Minister
- December 13 – Lights in the Link Workshop, following the service
- December 20 – It's a Wonderful Life Radio Show, replaces the service
- December 22 and 23, 5:00-8:00 pm – Lights in the Link
- December 24 – Christmas Eve Services
  - 1pm – Family Service
  - 7pm – Traditional Service
  - 10pm – Candlelight Service
- December 27 – No service at Red Deer Lake, join us at the McDougall site

### CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Check out our upcoming concerts at [reddeerlakeuc.com/concerts](http://reddeerlakeuc.com/concerts)

### COUNTRY MARKET AND CAFÉ – NOVEMBER 14, 10 AM – 4 PM

In addition to our great crafts/beautiful handwork, homemade goodies and gift baskets, we are adding more outside vendors to the market. The tables will be available to people who have services or items to sell which are unique and non-competing with each other and our own items. Interested in renting a table? Visit us at [www.reddeerlakeuc.com/fundraisers](http://www.reddeerlakeuc.com/fundraisers) to learn more.

### RENTALS

Meadow Green Wedding and Events Centre is a stunning 45,000 sq. ft. event space at Red Deer Lake United Church - perfect for weddings, workshops, performances, art shows, and more. Visit us at [www.meadowgreenevents.ca](http://www.meadowgreenevents.ca) or contact the office (403) 256-3181 to book your tour today!

Stay connected, explore all upcoming events and sign up for our weekly newsletter at [www.reddeerlakeuc.com](http://www.reddeerlakeuc.com)

\*Red Deer Lake United Church is in a shared Ministry with McDougall and Ogden United Churches.



**red deer lake**  
united church

# NOVEMBER CHAPARRAL 2026 HOUSING MARKET REVIEW



*\* Current stats as of January 1, 2026 - September 28, 2026.  
(For more detailed market sales information, please contact Team Palmer)*

## CHAPARRAL

### DETACHED

High | \$2,007,500  
Low | \$500,000  
Avg. | \$759,051  
#Sold | 97  
Avg. days on mkt. | 22

### ATTACHED

High | \$700,000  
Low | \$315,000  
Avg. | \$505,331  
#Sold | 26  
Avg. days on mkt. | 30

### CONDO

High | \$287,500  
Low | \$217,000  
Avg. | \$256,167  
#Sold | 6  
Avg. days on mkt. | 25

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NOVEMBER 6 | NATIONAL NACHO DAY  
NOVEMBER 11 | REMEMBRANCE DAY  
NOVEMBER 15 | DRUMMER DAY



# Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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

Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

### What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

*"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."*

*"I see this differently, but I want to understand your perspective."*

*"I don't agree with you, but I can understand why you feel that way."*

*"I didn't handle that well. I'm sorry."*

*"Let's figure out what we can do differently next time."*

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

### Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

*"We can have a hard moment and find our way back to one another."*

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

### What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

### Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.

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



### Park Information

Park Hours: 9:00 am to 8:00 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/lakechappyyc](http://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 to 2027 LCRA Membership fees were announced on June 1, 2026. The deadline to pay fees is the first of July each year. All fees must be paid to access the lake and 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.  
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](mailto:info@lakechap.ca) and we will be happy to update your account.

### Upcoming Events

#### Christmas Craft Fair

Sunday, November 22, 10:00 am to 4:00 pm.

The LCRA Christmas Craft Fair is back for the fifth year! Come by the Lakehouse and function room to see a range of local vendors featuring unique gifts, ceramics, ornaments, art, and more! This event is open to the public. In return we ask that you bring a food bank donation.

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

Please visit [www.lakechap.ca/events](http://www.lakechap.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 neighbors and friends. Bridge and Mahjong are currently the game 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.

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. Cost: \$1.00 per person, drop-in.

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!

Fun, engaging recreational dance classes for children 18 months to 10 years. With a variety of ballet, jazz, hip hop, tap, musical theatre, and combo classes, there's something for every young dancer. Our session-based program makes it easy to enjoy dance without a year-long commitment.

Convenient class times on Monday morning, Monday after school, and Thursday after school. Registration is now open for classes beginning January 2027!

Classes include:

- Giggle and Groove (18 months to 2.5 years)
- Tiny Toes (2.5 to 3.5 years)
- Tiny Ballerinas (3.5 to 4.5 years)
- New! Tap/Ballet (3 to 5 years)
- Mini Hip Hop (4 to 5 years)
- Musical Theatre (4 to 10 years)
- Ballet/Jazz (4 to 8 years)

Learn more or register at [www.devotiondanceworks.com](http://www.devotiondanceworks.com). Questions? Contact Elizabeth Rieb at 403-828-9675, or [elizabeth@devotiondanceworks.com](mailto:elizabeth@devotiondanceworks.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](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!

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.
- 2 free weeks coupon for all friends!

Visit [www.wellnessdojo.ca/ninja-birthday](http://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](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. 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.

Making the health benefits of Yoga available to every body. 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](mailto:margo.sutter@gmail.com).

## Bricks 4 Kidz

Non-residents welcome!

Engineering is back at Lake Chaparral! Calling all young builders and future engineers!

Join Bricks 4 Kidz Calgary this fall for 8 Saturdays of hands-on LEGO Engineering, STEM learning, creativity, and fun at Lake Chaparral. Each week, children ages 5 to 12 will tackle a new motorized or structural build while developing problem-solving, critical thinking, teamwork, creativity, and confidence.

September 19 to November 28 from 10:45 am to 12:15 pm, at the Lake Chaparral Resident's Association. Ages 5 to 12, \$195 plus GST. Limited to 20 children.

No previous experience is required, and all materials are provided.

*continued on next page*

Registration is now open! To register please visit [bricks4kidz.ca/alberta-calgary/](http://bricks4kidz.ca/alberta-calgary/).

### **Calgary 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-lessons/](http://www.calgarystars.ca/adult-group-ballroom-dance-lessons/) for more information!

### **Calgary Stars Dance Studio Ballroom and Latin Dance Lessons | Kids 4 to 7 years old**

Non-residents welcome!

Wednesdays, 5:00 to 6:00 pm.

Calgary Stars Dance Studio invites your kids to the beautiful world of music and dance! Your kids will be exploring both ballroom and Latin dancing with Maria.

Please visit [www.calgarystars.ca/ballroom-kids-youth-dance-lessons/](http://www.calgarystars.ca/ballroom-kids-youth-dance-lessons/) for more information!

### **Yoga with Alexis | Hatha Yoga**

Thursdays at 7:15 pm.

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.

To register please visit [www.yogawithalexis.ca/](http://www.yogawithalexis.ca/).

### **New! Monthly Meditations**

Non-residents welcome! Ages 16 plus.

Ready to lower stress, enhance mental clarity, and boost your physical health? Join us for our monthly Meditation

on Twin Hearts series at Lake Chaparral, running the third Wednesday of the month from September through December (4:45 to 5:45 pm). Fully guided and suitable for both beginners and experienced practitioners alike, this powerful world-wide practice is a beautiful way to bring peace and well-being to yourself while blessing our loved ones, our community, and the Earth.

The Details:

- Monthly Meditations: November 18, December 16 (4:45 to 5:45 pm).
- Suggested Donation: \$10 per session. Drop-in available!
- RSVP: Message 587-545-2366 or [pranaenergymeditation@gmail.com](mailto:pranaenergymeditation@gmail.com).

## **LCRA Board and Management**

### **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**

Hello Lake Chaparral!

November is always an interesting month at the lake. Fall can turn into winter seemingly overnight, and while things may look a little quieter around the park, there is still plenty happening behind the scenes as we prepare for the season ahead.

November is also when we begin watching the lake very closely. As temperatures drop and the first ice begins to form, our team regularly monitors conditions and ice development. Even when the lake appears frozen from shore, ice does not necessarily form at the same rate or thickness across the entire lake. Water depth, changing temperatures, snow cover, wind, springs and other local conditions can all influence how quickly ice develops. For that reason, please stay off the ice until LCRA has confirmed that conditions are suitable for recreational use. Early-season ice can be particularly unpredictable, and appearance alone is never a reliable indication of its strength. Please continue to watch for posted signage and safety flags as we make the transition into winter.

While we wait for winter activities to begin, November is a great time to enjoy a quieter side of Lake Chaparral. The pathways and park remain open, and there is something pretty spectacular about watching the lake transition from open water to its winter season.

**Fun Fact of the Month:** Clear ice and cloudy ice aren't necessarily the same strength. Clear ice generally forms when lake water freezes directly, while cloudy or white ice can contain trapped air, snow or refrozen slush. That's one of the reasons our team looks at more than simply whether the lake looks frozen when assessing conditions.

As always, please keep an eye on our website and social media for updates on park hours, lake conditions, upcoming events, and the start of our winter amenities.

Stay warm, and I hope to see many of you at the AGM!

Take care,

Laura Bruch



## Word of the Month

**Psithurism:** Noun (sith-yuh-riz-uhm)

The soft, whispering sound of the wind moving through trees and leaves.

"A faint psithurism at the edge of the woods could be heard as the evening air began to cool".



## Lake Chaparral Residents' Association Board of Directors Not Affiliated with the CCA

| Role              | Director  | Contact         |
|-------------------|-----------|-----------------|
| President         | Dave B.   | bod@lakechap.ca |
| Vice President    | Jeff S.   | bod@lakechap.ca |
| Secretary         | Sandra F. | bod@lakechap.ca |
| Treasurer         | Greg J.   | bod@lakechap.ca |
| Director at Large | Ryan M.   | bod@lakechap.ca |
| Director at Large | Shelby. S | bod@lakechap.ca |
| Director at Large | Salim. Z  | bod@lakechap.ca |
| Director at Large | Open      | bod@lakechap.ca |
| Director at Large | Open      | bod@lakechap.ca |
| Director at Large | Open      | bod@lakechap.ca |

## Lake Chaparral Residents' Association Management Not Affiliated with the CCA

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



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Councillor, Ward 14

**Landon Johnston**

✉ ward14@calgary.ca

☎ 403-268-2430

📘 @LandonForWard14

📺 @Ward14LandonJohnston

**We're excited to announce that the new Ward 14**

**website is now live!**

Visit Ward14YYC.ca to stay connected, informed, and involved in your community. The site features a calendar of upcoming events across Ward 14, opportunities to share your input on upcoming Council motions, and interactive polls and surveys to help shape local priorities.

Residents can also report community concerns that may require follow-up after a 311 submission, stay up to date on community achievements and local wins, and access helpful information and resources all in one place.

One of my priorities as your Councillor is making it easier for residents to stay informed and have their voices heard. This website is a new way for us to connect, share updates, gather feedback, and celebrate the great things happening across Ward 14.

### **Contact Our Office**

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca

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