

OCTOBER 2026

YOUR OFFICIAL COMMUNITY NEWSLETTER

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A Season of Harvest and Thanks by Maureen Bisanti



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	Gustavo Barcelos	director2@chaparralcommunity.com
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**News, Events,
& More**



**Crime
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PRESIDENT'S MESSAGE

What's Happening in Chaparral

October is a quieter month for community events, but there's still lots to look forward to as we head into the holiday season.

We're already planning two of our favourite winter events: Skate with Santa and our Festival of Lights. Stay tuned for more details and save the dates when they're announced!

We're Looking for Volunteers

We're currently looking for an Events Coordinator and a Community Business Relations Coordinator to join our team.

If you enjoy planning fun community activities, connecting with local businesses, or simply want to bring new energy and ideas to Chaparral, we'd love to hear from you. Please contact us at president@chaparralcommunity.com.

Community Perks You Might Not Know About

Did you know that CCA members can borrow recreational equipment for free?

Our equipment collection includes:

- Adult and child snowshoes
- Walking poles

- A portable disc golf game

It's a great way to get outside, stay active, and enjoy everything our community has to offer this fall and winter.

Get Involved in Your Community

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

Whether you have an hour to volunteer at an event, an idea for a new community program, or simply want to learn more about what's happening in Chaparral, we'd love to hear from you.

As the saying goes, many hands make light work!

If you'd like to get involved, please contact us at president@chaparralcommunity.com.

Together, we can continue to make Chaparral a wonderful place to live, connect, and grow.

Warm regards,

Donna Reid

Chaparral Community Association President

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

OCTOBER

- October 1, 7:00 pm – Sound & Soul
- October 14, 10:00 am – Coffee with the Minister
- October 17, 7:00 pm – OTE Concert
- October 25, following the worship service – Soup Lunch
- October 31, 9:00 am – Men's Breakfast Fellowship Gathering

NOVEMBER

- 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 27, 5:00 pm – Country-Style Turkey Supper

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

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 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 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

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



Growing More Than a Garden



by Jolene Ottosen

This summer, after several seasons of neglect, I finally decided it was time to tackle my backyard. I cleaned up overgrown areas, expanded garden beds, and generally put much more time and effort into the space than

I had in years. As I worked, I was reminded how much I enjoy being outside and how rewarding gardening can be. It also got me thinking about the unexpected benefits that come from gardening, many of which have very little to do with the plants themselves.

When I first moved into our house in Chaparral, there was a bit of landscaping, but aside from getting rid of the weeds threatening to take over the lawn, I didn't really care that much. Over time, I started to make a bit more of an effort, but it wasn't until I took part in the build day for the community garden that I really started to take an interest. I am from a farm, and gardening was just a part of life, not a part I particularly enjoyed when I was growing up. With that in mind, my mother was quite surprised to hear that I had signed up to help with the build and was hoping to rent a plot. The reality, however, was that I was less interested in the actual gardening than I was in being part of a community.

Being from a rural area, I am used to seeing people I know every time I go into town. My kids used to find it weird and somewhat annoying how long a quick errand could take because I was always stopping to chat, but I loved it. I also grew up in a place where people came together to make things happen. As a kid, I cleared tables and did dishes at the annual Fall Fair turkey dinner, watched my dad help build the town's curling rink, handed out strawberries at our Canada Day parade while riding my bike dressed as Strawberry Shortcake, and was often involved in club activities that included community service.

These days, it sometimes feels easier to find things that divide us than things that bring us together. That

is probably one of the reasons I was drawn to the community garden. Even though I knew very little about community gardening and didn't exactly have pleasant memories of gardening itself, volunteering for the build day was an easy choice.

Build day was everything I hoped it would be. I met new people and, for the first time in Calgary, felt a sense of community I had been missing. At the end of the day, we were proud of what we had accomplished and optimistic about what it would become.

After that, I rented a plot and joined the committee. My gardening knowledge slowly grew along with my interest. I learned about companion planting, square foot gardening, hoop houses, and soil health. For a few years, I was able to plant by the end of March and have a lush bed by mid-July. Looking back, I became a gardener almost by accident. I had shown up for the community, and the gardening followed.

While our garden group never again came together quite the way we did on build day, we still have work bees and projects around the garden, and you can often run into one or two other gardeners while watering your plot. Those small interactions may not seem significant, but they are part of what makes a community feel like a community.

Over the years, I have come to realize that community may have been what first drew me into gardening, but it is only one of many benefits. Along with fresh vegetables and new friendships came improvements to my physical health, mental well-being, and overall quality of life.

Gardening Keeps You Active

This one is fairly obvious, but gardening is a good way to be more active and burn calories. This added activity can help lower blood pressure and improve sleep. You can get even more activity if you include walks around the neighbourhood to admire other gardens and gather ideas for your own.

Gardening Relieves Stress

Anyone who has taken out their frustrations on a patch of weeds knows how cathartic it can be. For some, it is calming to focus on the straightforward task at hand. For others, it is the satisfaction of seeing immediate progress. When there are so many things happening in life beyond our control, methodically attacking weeds

with my digging knife can help restore a sense of calm I sometimes didn't even know I needed.

Gardening Helps You Get the Vitamins and Hormones You Need

Gardening gets us outdoors and into the sunshine. Yes, we need to protect ourselves. Skin cancer runs in my family, and I have already had a few run-ins with it. That said, sunshine still provides important benefits. Vitamin D helps promote bone strength and supports the immune system. Studies also suggest it may help reduce the risk of a variety of cancers.

While I know from experience that spending time outdoors lifts my spirits and helps me sleep better, science has an explanation for that as well. Sunlight helps the brain produce serotonin, which boosts mood, while the contrast between daylight and darkness supports melatonin production, helping us sleep more soundly at night.

Gardening Helps Support Your Memory and Mental Health

In Korea, researchers have found increases in memory-related nerve growth in the brains of individuals suffering from dementia after only twenty minutes of gardening. In the Netherlands and Norway, programs known as Green Care allow people struggling with mental health and substance-use challenges to spend time engaged in activities such as farming and gardening. Early studies have shown positive changes in participants' overall health, self-confidence, ability to cope with problems, sense of responsibility, physical health, and social skills.

So, while I may not have understood the full impact of volunteering at the community garden all those years ago, it is a decision I have never regretted. What started as an opportunity to connect with my neighbours led to a hobby that keeps me active, helps me manage stress, and gets me outdoors. Perhaps most importantly, it reminded me that even in a world where we often focus on our differences, shared projects and green spaces still have a remarkable ability to bring people together.

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.

Halloween Safety

by Alberta Health Services

As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important Halloween safety tips as October 31 approaches.

Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and establish a time for children to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup instead of masks that may impair breathing or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not extend below your child's ankles.
- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.

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
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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 info@lakechap.ca
Office Manager	Linda Milot office@lakechap.ca (for HOA-related inquiries)
General Manager	Laura Bunch



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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: www.lakechap.ca.

Facebook: www.facebook.com/lakechapyyc.

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

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

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

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:

- Gigggle 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)

continued on next page

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. 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!)
- Birthday Ninja T-shirt (Birthday Boy/Girl)
- Awards and Prizes
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Visit www.wellnessdojo.ca/ninja-birthday.

251st Chaparral Scouts

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

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

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.

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.

CREEKSTONE

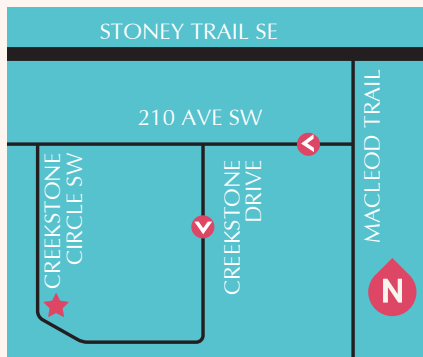
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Pumpkin Palooza

Join us on **October 24** from **2-4 PM** for a Halloween party full of pumpkin decorating, dancing, story time, and more!



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CHAPARRAL CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Chaparral. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

CODERAD ELECTRICAL LTD: Over 18 years of experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

PAINTER SERVICING CHAPARRAL: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

MENOPAUSE WELLNESS & STRENGTH COACHING: Menopause doesn't have to be confusing. I provide evidence-based health coaching, educational workshops, and individual or semi-private strength training to help women understand their changing bodies, build healthy habits, and support long-term health, strength, and confidence through every stage of the menopause transition. Free consultations: jess@hellomenopause.ca, www.hellomenopause.ca.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

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BUSINESS CLASSIFIEDS

continued

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

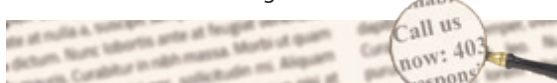
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

HOUSE CLEANERS: Highly experienced cleaning ladies looking for more houses to clean. We offer excellent, detailed service. Add some luxury to your home, let us clean your space. Satisfaction guaranteed! Ask about our bonus! Text 587-225-4413 or email letitclean1@gmail.com.

FIND YOUR JOY IN LIFE AGAIN! Riverstone Counselling Centre provides personalized, compassionate, confidential therapy with registered psychologists. Trauma, anxiety, depression, relationship concerns, couples counselling, ADHD/ EMDR therapy, CBT, DBT, ACT therapies and more. Direct billing available. Located in Midnapore, Midpark Way SE and Okotoks. Free discovery call. 403-463-2152. www.riverstonecounsellingcentre.ca.

WANT YOUR WINDOWS CLEANED THE RIGHT WAY? We scrub with soap and water, squeegee each window, wipe edges to prevent streaks then spray with a special rinsing agent & hand-polish with clean towels for perfectly clean windows. This is highly superior compared to the typical wet, squeegee and go. SouthWest Window Cleaning. 403-874-3265. <https://southwestwindowcleaning.com/>.



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.

Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ♥





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CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
August 26	29	14	\$724,400	\$719,250
July 26	17	8	\$642,450	\$629,000
June 26	21	18	\$737,500	\$746,250
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	3	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

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



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