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	Listed	Sold	Listed	Sold
December 25	1	0	\$0	\$0
November 25	0	0	\$0	\$0
October 25	1	1	\$2,780,000	\$2,490,000
September 25	0	4	\$824,450	\$810,000
August 25	2	0	\$0	\$0
July 25	3	1	\$1,050,000	\$1,050,000
June 25	2	2	\$262,400	\$252,000
May 25	2	3	\$1,100,000	\$1,173,000
April 25	3	1	\$999,900	\$1,050,000
March 25	1	4	\$314,750	\$310,600
February 25	4	1	\$900,000	\$900,000
January 25	3	4	\$1,212,000	\$1,168,750

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CKE Hall Rental	Jennifer Sherstabetoff	CKEhallrental@gmail.com 403-764-9514
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CKE News is the official newsletter of Chinook Park, Kelvin Grove, Eagle Ridge community association and distributed free to all residents and businesses 12 issues per year. Circulation is approximately 3,000 issues monthly.

Submissions: Please direct editorial inquiries to ckecommunity@gmail.com and ad inquiries to sales@greatnewsmedia.ca.

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CKE Community Garden

We started the Community Garden season with a showing of *Wasted! The Story of Food Waste*. This documentary illustrated how some of the world's most influential chefs strive to make the most of every kind of food, seeking to expose the criminality of food waste and how each of us can make small changes to solve one of the greatest problems of the 21st century. Tying in with the theme of the movie, we brought left over Christmas treats to share. Many thanks to all who attended, it created some great food for thought!

Now as we approach the planning of our own vegetable gardens for this year, it's a good reminder to make our planting choices carefully and grow what you love to eat. Beets and kale are great veggie crops – easy to grow, they can be produced in abundance. But if no-one in your household likes to eat them, perhaps it's best to leave those out. Every gardener at some point finds themselves with more produce than they can consume so think ahead and make a plan for what can be done with the excess. Some produce can be stored easily for use into the fall and winter or processed for longer term storage if you have the time and know-how. Alternatively, perhaps you can trade some of your excess kale and beets for someone's overabundance of tomatoes! Don't forget your local food bank, they can often make use of fresh veggies from the garden. Worst case scenario any extra plant-based leftovers can be added to the compost, recycling the organic matter back into the garden next season. There is no reason for anything from your veggie garden to make its way into the landfill.

Happy Gardening!

BRAIN GAMES

SUDOKU

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						7	6	8

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GAMES & PUZZLES

Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



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FOR THE
ANSWERS!



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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Face Your Stress

by Recovery Alberta – Community Health Promotion Services

Stress is typically viewed as negative; not all stress is bad and in fact, avoiding it can be more harmful. Stress is the response to a stressor that one may be experiencing. Stressors are anything in your life that causes the release of stress hormones. Some stressors in our life are unavoidable. There are three different types of stress you can experience. Let's dive deeper into each:

- 1. Positive:** Yes, stress can be positive. This is short-term but helps us to adapt and build resiliency. Situations to cause this stress can include work, writing an exam, or calling someone you don't know.
- 2. Tolerable:** Tolerable stress includes situations where the impact may be more serious, such as, loss of someone or divorce of parents, and can occur many times throughout your life, however, with supportive relationships, it is unlikely to have lasting negatives impacts.
- 3. Toxic:** When one thinks of stress, we tend to think of this for all situations. This stress is prolonged and extreme and can result in complex outcomes without any adequate support.

Stress can impact our physical, mental, emotional, and behavioral health and it is different for everyone. It can show up as headaches, feeling tired, having trouble focusing, feeling short-tempered or lonely, having sleep issues, unable to relax, and use of unhealthy coping techniques.

Signs of stress are different for everyone but there is a need for stress to keep us alert, healthier, and more understanding human beings! So, what can you do? Mental Health Literacy has developed a toolbox to help you manage your own stress. Here are a few things to consider:

- **Change:** You want to change the way you think of stress. As you can see, it can be essential to tackle life's situations.
- **Choose:** When faced with a stressor, have a toolkit of strategies that work best for you. This can include breathing strategies or talking to others.
- **Engage:** If there are stressors that heighten your body's response, try incorporating planning strategies beforehand. When we face the stressor and solve the problem, we have successfully adapted and are left with a new skill!

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

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?”

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CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 25	1	3	\$1,490,000	\$1,425,000
November 25	0	0	\$0	\$0
October 25	4	4	\$1,089,500	\$1,080,000
September 25	3	2	\$1,083,950	\$1,072,500
August 25	1	2	\$654,950	\$621,750
July 25	2	1	\$929,900	\$950,000
June 25	4	2	\$1,037,500	\$1,096,000
May 25	2	3	\$229,900	\$215,000
April 25	5	3	\$1,275,000	\$1,300,000
March 25	2	1	\$785,000	\$865,000
February 25	0	0	\$0	\$0
January 25	0	0	\$0	\$0

EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 25	0	0	\$0	\$0
November 25	0	0	\$0	\$0
October 25	1	0	\$0	\$0
September 25	1	0	\$0	\$0
August 25	0	0	\$0	\$0
July 25	0	0	\$0	\$0
June 25	2	2	\$1,847,450	\$1,797,500
May 25	0	1	\$2,445,000	\$2,400,000
April 25	1	0	\$0	\$0
March 25	1	0	\$0	\$0
February 25	0	0	\$0	\$0
January 25	0	0	\$0	\$0

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Celebrity Simmons

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