

JUNE 2024

YOUR OFFICIAL COMMUNITY NEWSLETTER

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*Waterfall at Lake by David Jens*



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# CHAPARRAL COMMUNITY ASSOCIATION MEMBERSHIP

To purchase your \$20 membership, please visit [www.chaparralcommunity.com](http://www.chaparralcommunity.com).

## YOUR COMMUNITY ASSOCIATION



### OUR HISTORY

Chaparral was established in 1995 with a 32-acre artificial lake and a 21-acre park with two waterfalls as centrepiece of the neighbourhood and now has grown to include Lake Chaparral, Chaparral Ridge, Chaparral Ravine and Chaparral Valley.



### OUR MISSION

The Chaparral Community Association strives to represent and serve the community of Chaparral through effective communication, engaged volunteers, and fiscal responsibility, to foster a vibrant and livable community.



### OUR GOVERNANCE

We are a non-profit organization established under the societies act, and we are governed by elected and volunteer members from our community. We are always looking for expertise and support to grow, please reach out to get involved.

The Chaparral Community Association (CCA) is a volunteer run organization that represents the residents of Lake Chaparral, Chaparral Ridge, Chaparral Ravine, and Chaparral Valley. Your CCA is the recognized body that liaises with government officials, expresses resident concerns regarding commercial, industrial, and residential land use development, and represents the position of the residents on education, transportation, environmental, and infrastructure issues. The CCA supports organized sports, community, and social programs. To stay connected the CCA publishes the *Chaparral Trailblazer* and maintains a website ([www.chaparralcommunity.com](http://www.chaparralcommunity.com)), Facebook, and Instagram pages (@chaparralca).

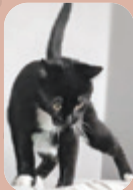
Successful, healthy communities are generally those with active and sustained membership and involvement by the community residents. The CCA board encourages all residents to purchase a membership, and when available, attend monthly meetings to help make our community amazing.

Some things the CCA has done for the community include: Chaparral Common and Chapalina Crescent Playgrounds, Green Thumbs Community Garden, Community Clean-Ups, Adopt-a-Rink in the Valley, Valley Summer Bash, garbage bin wraps, Stampede kick-off breakfast (co-organized with the Lake – open to all CCA members), Festival of Lights, advocating for traffic signal lights and crosswalk Rapid Movement Flagship Beacons (RFB), Safe Communities Initiatives, and Development Permit Applications. The CCA has also weighed in on Commercial Applications (Chaparral Meadows, Bottle Depot, Telus Cell Tower, BFI Canada Inc., Inland Cement).

## Cats, Canines, & Critters of Calgary



Archie, Sage Hill



Bandit, Copperfield



Louie, Country Hills



Minnie, Ertlon



Morgan, Panorama Hills



Sergeant Pepper, Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

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## CHAPARRAL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Median Listed Price	Median Sold Price
April 24	33	27	\$675,000	\$668,500
March 24	18	15	\$675,000	\$680,000
February 24	15	11	\$590,000	\$615,500
January 24	11	13	\$675,000	\$645,000
December 23	5	9	\$599,900	\$608,000
November 23	16	16	\$694,400	\$685,000
October 23	13	12	\$587,450	\$587,500
September 23	14	17	\$700,000	\$699,000
August 23	22	17	\$579,900	\$589,500
July 23	13	12	\$599,900	\$640,750
June 23	27	30	\$612,450	\$636,250
May 23	24	32	\$499,900	\$494,750

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	Lynette Javaheri	vp@chaparralcommunity.com
Secretary	Charlene May	secretary@chaparralcommunity.com
Treasurer	Mike Reid	treasurer@chaparralcommunity.com
Director at Large	Anna Rybak	valley@chaparralcommunity.com
Director at Large	Anton Ovtichnikov	membership@chaparralcommunity.com

## VOLUNTEERS

Trailblazer Editor	Daisy Zhuang	editor@chaparralcommunity.com
Website/Memberships	Anton Ovtichnikov	membership@chaparralcommunity.com
Social Media	Donna Reid	media@chaparralcommunity.com
Community Garden (Chaparral Green Thumbs)	Jolene Ottosen	chaparralgreenthumbs@gmail.com
Chaparral Lake Representative	This Could Be You!	
Chaparral Valley Representative	Anna Rybak	valley@chaparralcommunity.com
Chaparral Ridge Representative	This Could Be You!	
Chaparral Ravine Representative	This Could Be You!	
Chaparral Playground Coordinators	Lynette Javaheri Anna Rybak	vp@chaparralcommunity.com valley@chaparralcommunity.com
Events Coordinator	This Could Be You!	
Local Business Relations	This Could Be You!	
Safe Communities Initiative	Anton Ovtichnikov	membership@chaparralcommunity.com

## CONNECT WITH THE CHAPARRAL COMMUNITY ASSOCIATION

 Follow us on (X)Twitter @chaparralca
  Follow us on Instagram @chaparralca
  Find us on Facebook @chaparralca

### SCAN HERE TO VIEW ADDITIONAL CHAPARRAL CONTENT

**News, Events,  
& More**



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**Real Estate  
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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (\*Alberta Building Code).

### Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



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## WHAT IS THE DIFFERENCE BETWEEN THE LCRA AND CCA?

Lake Chaparral Residents Association (LCRA)		Chaparral Community Association (CCA)
		
<p>The Lake Chaparral Park facility is for the exclusive use of Lake Chaparral residents, encumbered with lake access, and their guests. Residents and their guests use the facility and amenities entirely at their own risk.</p> <p>Areas of Chaparral that are not part of the LCRA include Chaparral Ridge and Chaparral Valley.</p>	<p><b>Purpose</b></p>	<p>The Chaparral Community Association (CCA) is a volunteer-run organization that represents the residents of Lake Chaparral, Chaparral Ridge, Chaparral Ravine, and Chaparral Valley. Your CCA is the recognized body that liaises with government officials, expresses resident concerns regarding commercial, industrial, and residential land use development, and represents the position of the residents on education, transportation, environmental, and infrastructure issues.</p>
<p>Mandated for property owners. Fees are due July 1 of each year.</p>	<p><b>Membership</b></p>	<p>Voluntary: \$20 annually.</p>
<p>RAs are established through encumbrances on land titles.</p> <p>Professionally managed with paid staff.</p>	<p><b>Operations</b></p>	<p>Dependent on volunteer membership and fundraising.</p>
<p>Facility and park amenities.</p> <p>Programs and events.</p> <p>Website and communications.</p> <p>Membership and administration services.</p>	<p><b>Functions</b></p>	<p>Representation with city and province.</p> <p>Events and community building.</p> <p>Projects and community development.</p>

## DRAGON BOAT FESTIVAL DAY

Also known as Duanwu Jie, this Chinese festival occurs on the fifth day of the fifth lunar month, which is June 10 this year. The best way to celebrate this day is by eating sticky rice dumplings and either watching or participating in a dragon boat race; these impressive boats hold up to 90 people, including a drummer who sets the pace and keeps morale up!



## Waterwise Garden Choices

*Contributed by Jolene Ottosen for the Chaparral Green Thumbs*

With the potential of water restrictions looming, consider adding more drought tolerant plants to your garden. While some varieties can appear subdued, here are some varieties that would look lovely in any garden while thriving in our semi-arid desert climate.

### **'Karl Foerster' Feather Reed Grass**

This is a favourite because of its great performance and stiff, upright habit providing interest in all seasons. It is ideal for creating a low screen or hedge and provides a good backdrop for more colourful perennials. This tall plant can reach up to six feet and spreads about two feet wide.

### **'Elijah Blue' Blue Fescue**

Blue fescue is a diverse plant. Plant it in groups as a groundcover or as an accent in a rock garden. Plant 'Elijah Blue' at the base of tall shrubs or tall perennials, such as lilies, to help them blend with the landscape. I like the seed heads that turn tan when mature and add colour throughout winter. Blue fescue can grow to be one foot tall and two feet wide.

### **'David' Phlox**

This is a truly stunning fragrant flower! It is also resistant to powdery mildew, a disease that can ruin phlox foliage before the end of the season. This phlox grows to be three and a half feet tall and three feet wide.

### **'Fire Witch' Dianthus**

This has bright, pink, fragrant flowers in late spring which continue through fall. It's wonderful at the front of a sunny border and is a star planted among rocks. This plant grows to be about eight inches tall and two feet wide.

### **Baptisia**

This is a wonderful perennial for Alberta as it is heat, drought, deer, and rabbit resistant. It thrives in the sun but tolerates part shade and doesn't need to be divided. The seed heads are lovely if you do not deadhead it, and the blue-green foliage looks great in the garden from spring to fall.

### **'Goldsturm' Black-Eyed Susan**

These make lovely cut flowers when they bloom in August into September. It fills the garden with deep yellow flowers and tolerates heavy clay soils. Black-Eyed Susans can grow to be two feet tall and two feet wide.

### **'Magnus' Purple Coneflower**

This is a great cut flower and is valued for its cone-shaped seed heads. Its magenta-pink blooms last from mid to late summer and attract butterflies. It is heat and drought tolerant. As a bonus, many gardeners find this plant to be deer and rabbit resistant. This coneflower variety grows to be about four feet tall and two feet wide.

### **'May Night' Salvia**

This plant's dark purple spikes provide a lovely contrast against light-coloured flowers or variegated foliage. It holds up to heat, drought, deer, and rabbits and can grow to be two feet tall and two feet wide.

### **'Husker Red' Penstemon**

This is one of the easiest perennials you can grow, and it bears purple-red foliage and white flowers all summer long. It's native to areas of southeastern and central North America so it stands up well to heat and humidity. This plant grows to be three feet tall and two feet wide.

### **Russian Sage**

I cannot think of a finer plant for the late-summer garden than Russian sage. It thrives in hot, dry spots and produces silvery foliage topped with clouds of lavender-blue flowers at the end of the season. The foliage is nicely scented too, which also makes it unappetizing to deer and rabbits. Russian Sage can grow to be five feet tall and three feet wide.

### **Common Peony**

This is a perennial prairie classic, which can be found in many established gardens in the area, providing beautiful and sometimes fragrant pink, burgundy, or white flowers in June. It's a long-lived flower and you'll find original plants still looking great in some of Calgary's oldest communities. Peonies can grow to be two to four feet tall and three feet wide.



### Clustered Bellflower

This plant provides showy clusters of purple blooms all summer and forms a large clump of dark green leaves. It makes a great cut flower and the more you pick it the more flowers are produced. Do not confuse it with creeping bellflower (*Campanula rapunculoides*), which is more upright and is an invasive, noxious weed. This plant can grow to be two feet tall and two feet wide.

### 'Silver Mound'

This plant lights up in the dark with its low cushion of silver-grey textured foliage that complements nearly all other perennials. It looks great along the edge of the garden and looks particularly good next to white or blue flowers. It does well in hot, dry, sunny conditions. Cut it back after its spring flush of growth to prevent the plant from flopping open in midsummer. Silver Mound grows to be about one foot tall and one and a half feet wide.


### Liatris 'Kobold' Blazing Star

This is one of my favourite native prairie wildflowers. It has spikey blooms of pink that butterflies love and grass-like foliage. It thrives in hot, dry locations. This liatris can grow to be two feet tall and one and a half feet wide.

### 'Stella d'Oro' Daylily

This daylily is so easy to grow and provides yellow trumpet-shaped, fragrant blooms all summer. When in bloom, these are about one foot tall and two feet wide.

If you are interested in more information about our community garden, email us at [chaparralgreenthumbs@gmail.com](mailto:chaparralgreenthumbs@gmail.com).



*Father's Day*

Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?

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## Park Information

Park Hours: 9:00 am to 10:00 pm  
Office Hours: Monday to Saturday, 10:00 am to 6:00 pm  
Phone: 403-254-4148  
Email: [info@lakechap.ca](mailto:info@lakechap.ca)  
Website: [www.lakechap.ca](http://www.lakechap.ca)  
Facebook: <https://www.facebook.com/lakechapyyc>  
Instagram: @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, or other issues as deemed valid by LCRA management. By default, the park and lake will be closed at temperatures of -25°C (without wind chill).

## Reminders and Announcements

### Lake Fees

The 2024 LCRA Membership Fees were announced in May – the deadline to pay the fees will be July 1. All fees must be paid to access the lake/park and are registered as an encumbrance on the property land titles in Lake Chaparral. If you have not paid your fees by the due date, you 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.

Green Flag = Waterfront and lake ice is open to all users.

### Monthly Email Communications

The LCRA is working on keeping you informed with our monthly communications. 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

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

### 2024 LCRA/CCA Stampede Breakfast

**Date: Saturday, June 22, 2024**

**Time: 9:00 am to 12:00 pm**

The date for the annual Stampede Breakfast has been set! The LCRA is partnering with the Chaparral Community Association and local volunteers to host this event, which will include a free pancake breakfast, multiple local vendors, a horse and carriage ride, a bouncy house, a farming animal petting corral, live music, and more!

This event will be free and accessible to residents in Lake Chaparral, Chaparral Ridge, and Chaparral Valley. Stay tuned to our social media pages and website for updates.

## Summer Camps

Please visit our website at <https://lakechap.ca/summer-camps/> for details on summer camps.

## Drop-In Programs

### LCRA Senior Games

**Mondays | 12:00 to 3:00 pm**

Attention all seniors! Come out to socialize with your neighbours and friends, play games, and enjoy coffee at the lake house. Cost: \$1 per person, drop-in.

### LCRA Walking Club

**Tuesdays and Thursdays | 10:00 am to 12:00 pm**

Meet outside the Lake House (by the flags) at 10:00 am to start the walk. Walks usually last one hour and then is followed by a visit with coffee in the Lake House. \$0.50 per person, drop-in. Did you know that three laps around the walking path = two kilometres?

## Programs

*Registration for the following programs are done with the individual instructor.*

Classes are ongoing; full details and class information can be obtained from the instructor. Program schedules are subject to change; please contact the program instructor directly for more details.

## **Devotion Danceworks**

Non-Residents Welcome

Offers recreational, sessional-based classes for children ages 18 months to 12 years old. Visit our website for more information and registration.

Classes available in:

- Giggle & Groove Parented Class (Ages 18 months to 2.5 years)
- Tiny Toes Ballet (Ages 2.5 to 3.5)
- Tiny Ballerinas (Ages 3.5 to 4)
- 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 [www.devotiondanceworks.com](http://www.devotiondanceworks.com) or contact Elizabeth Rieb at 403-828-9675 or [elizabeth@devotiondanceworks.com](mailto:elizabeth@devotiondanceworks.com).

## **Intellidance® Babies (3 to 11 months)**

**10:00 to 11:00 am**

To register, please email [intellidance.calgary@gmail.com](mailto:intellidance.calgary@gmail.com).

Non-Residents Welcome

Fridays

Come sing, dance, and have fun with your little ones! Intellidance® is a research-based music and movement program designed to support the caregiver-child bond while fostering all areas of a child's development. Dance and music concepts will be explored through songs and rhymes, movement exploration, circle dances, free exploration, and sensory activities.

To learn more about the Intellidance® Method, visit [www.intellidance.com](http://www.intellidance.com).

## **Little Ninja's (Beginners) by Cutting Edge Kung Fu**

Ages 4 to 8 Years Old

Non-Residents Welcome

Saturdays | 9:15 to 10:15 am

\$60 per month

This class is aimed to start teaching structure, discipline, and respect while having fun learning the basics of Kung Fu! Contact Sifu Kyle today at [cuttingedgekf@gmail.com](mailto:cuttingedgekf@gmail.com).

## **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, better prepared for success in the world. We do this by engaging youth in a safe, youth-led, adventurous program of a wide variety of indoor and outdoor activities. A big thank you for supporting our programs through our many fundraising efforts.

Beavers (ages 5 to 7) – Tuesdays, 6:30 to 7:30 pm

Cubs (ages 8 to 10) – Mondays, 6:45 to 8:15 pm

Scouts (ages 11 to 14) – Wednesdays, 6:30 to 8:00 pm

Ventures (ages 15 to 17) – Wednesdays, 6:30 to 9:00 pm

Please visit [www.scouts.ca](http://www.scouts.ca) for more information.

## **Drawing Classes for Kids with Young Rembrandts**

Non-residents welcome

Fridays

Cartooning | Ages 6 to 12 | 4:30 to 5:30 pm

Elementary | Ages 6 to 12 | 5:45 to 6:45 pm

Fun after school drawing classes that help kids succeed in school. Build fine motor skills, hand-eye coordination, observation skills, self-expression, social skills, and confidence.

With over 35 years' experience, Young Rembrandts is the leading art education program for children. Proudly serving Calgary with art and drawing classes for kids for over fourteen years.

Our weekly drawing classes are designed so your children can participate from preschool through sixth grade and never repeat a lesson. Stimulate your child's creative spirit - enrol now!

Enrol online at [www.youngrembrandts.com/southernalberta](http://www.youngrembrandts.com/southernalberta) or call us at 403-457-DRAW (3729).

## **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).

*continued on next page*

**Message from the General Manager**

Hello Lake Chaparral!

Summer is finally here! At long last, everyone can start to kick back and enjoy those warm, sunny days on the beach.

If you haven't yet, make sure to snag a Cookshack rental to host your own BBQ for family and friends. The spots fill up quickly, so act fast!

Our Stampede Breakfast is coming up fast – on Saturday, June 22, make sure to come by the lake from 9:00 am to 12:00 pm to enjoy a pancake breakfast, multiple vendors, live music, horse carriage rides, and more!

Best wishes,

*Dylan Lock*

General Manager

**LAKE CHAPARRAL RESIDENTS' ASSOCIATION BOARD OF DIRECTORS (NOT AFFILIATED WITH THE CCA)** 

President	Racim Gribaa	bod@lakechap.ca
Vice President	Daren Couture	bod@lakechap.ca
Treasurer	Joanne Marshall	bod@lakechap.ca
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Director at Large	Walter Kachmar	bod@lakechap.ca
Director at Large	Greg Juneau	bod@lakechap.ca
Director at Large	Jeff Saxinger	bod@lakechap.ca

**LAKE CHAPARRAL RESIDENTS' ASSOCIATION MANAGEMENT (NOT AFFILIATED WITH THE CCA)**

Administration	Linda Milot	office@lakechap.ca
General Manager	Dylan Lock	
Facility and Assets Manager	Vacant	
General Inquiries	LCRA Guest Services	info@lakechap.ca

## Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

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

Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- 1. Work on Yourself** – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- 2. Communicate Openly** – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- 3. Trust** – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- 4. Set Boundaries** – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.
- 5. Be Supportive** – Offer support and encouragement to your partner. Show empathy and understanding towards their experiences and emotions.
- 6. Maintain Independence** – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.
- 7. Address Insecurities** – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.
- 8. Practice Self-Care** – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.
- 9. Focus on the Present** – Avoid dwelling on past

relationship traumas or projecting future fears onto your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

**10. Seek Growth Together** – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

**The following are tips to help your anxious partner to feel more secure:**

- 1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.
- 2. Reassurance** – Offer regular affirmations of your love, commitment, and support.
- 3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- 4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.
- 5. Boundaries** – Respect your partner's boundaries and communicate your own clearly.
- 6. Quality Time** – Spend meaningful time together, creating positive experiences and memories.
- 7. Appreciation** – Show appreciation for your partner's efforts, qualities, and contributions.
- 8. Consistency** – Be consistent in your actions and behaviours to foster a sense of security and stability.
- 9. Problem Solving** – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- 10. Self-Care** – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

**Book Suggestions:**

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You've Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller

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