

APRIL 2025

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# CKE NEWS

THE OFFICIAL CHINOOK PARK, KELVIN GROVE & EAGLE RIDGE COMMUNITY NEWSLETTER

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## LOCAL CONTACTS

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Cubs/Scouts	Crystal Botterill	403-454-9644
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Neighbourhood Partnership Coordinator	Christa Zaharychuk	587-572-9292
Police Service at HWW	Cst. Michael Colbert	403-428-6641
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MLA, Calgary Glenmore	Nagwan Al-Guneid	

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](mailto:ckecommunity@gmail.com) and ad inquiries to [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca).

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## CKE Community Garden

Pruning is performed on woody plants for a variety of reasons, the most basic being for plant health. Look for branches that are dead, damaged, or diseased. Damaged branches are those that are broken or are rubbing together. Frequently you will see plants infected with black knot which affects members of the Prunus genus such as chokecherry, mayday, ornamental cherry, and plum. Fire blight is found on trees and shrubs with pome (or apple) type fruit such as apple trees, pear trees, mountain ash, and saskatoons. Take a bit of time to familiarize yourself with these diseases, there is plenty of information on the internet.

Pruning can be performed for aesthetics, aiming for a nice form for your woody plants but keep in mind you can't change the natural shape of your tree or shrub. Avoid shearing with hedge trimmers or other tools; it's better practice to prune individual branches with hand pruners or loppers. Hedges often respond well to being cut down hard to 15 cm every three to four years and allowed to regrow – this works particularly well with cotoneaster hedges.

Pruning for size is very common, but it is a losing battle. It is better to research the mature size of new plant material and give it sufficient space, rather than constantly trying to keep it smaller.

Fruit trees are pruned to encourage and increase fruit production. This requires more technical knowledge and the ability to recognize fruit spurs and flower buds. Not to be rushed into, do your homework or consider hiring a professional arborist. This year, the CKE garden will be looking for guidance in pruning our new espalier pear trees. We'll be learning how to carry out this kind of pruning in the years to come.

Timing is also important. Most trees and shrubs can be pruned in the winter when they are dormant, before temperatures start to warm up. Plants recover quickly and the bare branches make it easier to see disease or damage and to evaluate shape. Exceptions to this rule are birch and maple trees, as their sap will bleed if pruned before the leaves have emerged. Best to wait until mid-summer. For spring flowering plants, the rule of thumb is to prune right after their flowers fade. And elm trees in Alberta must not be pruned between April 1 and September 30 to prevent the spread of Dutch elm disease.

Woody plants are a long-term investment in your landscape so take the time to look after them!

Happy Gardening!

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## GAMES & PUZZLES

### Guess the Flower!

1. This flower's colour depends on the acidity of the soil.
2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
4. This prickly pink plant became Alberta's floral emblem in 1930.
5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth – approximately 300 million years!
6. This flower's Greek name, Galanthus, translates to "milk flower".



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ANSWERS!

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## CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
February 25	1	0	\$0	\$0	
January 25	0	0	\$0	\$0	
December 24	0	0	\$0	\$0	
November 24	0	0	\$0	\$0	
October 24	2	2	\$599,950	\$574,500	
September 24	5	4	\$887,450	\$882,500	
August 24	1	1	\$724,900	\$731,700	
July 24	1	3	\$875,000	\$848,500	
June 24	3	1	\$850,000	\$890,000	
May 24	4	4	\$749,500	\$765,000	
April 24	3	2	\$874,950	\$950,000	
March 24	2	2	\$1,197,500	\$1,190,500	

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

## EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
February 25	0	0	\$0	\$0	
January 25	0	0	\$0	\$0	
December 24	0	0	\$0	\$0	
November 24	1	0	\$0	\$0	
October 24	1	0	\$0	\$0	
September 24	0	0	\$0	\$0	
August 24	1	1	\$4,750,000	\$4,650,000	
July 24	0	1	\$2,899,950	\$2,725,000	
June 24	1	0	\$0	\$0	
May 24	0	0	\$0	\$0	
April 24	0	0	\$0	\$0	
March 24	0	0	\$0	\$0	

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sarah.arcuri@shaw.ca | 403-703-7751  
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Nicole Kowalchuk  
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BRAIN  
GAMES

SUDOKU

4								
5		6		1				
3	2					9		1
			8		2	3		7
7			1		6			2
8		2	7		3			
9		8					5	4
				8		7		9
								6

SCAN THE QR CODE  
FOR THE SOLUTION

## Her SAIT Graduation

by *Garth Paul Ukrainetz*

She took the risk and made the move  
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Good coffee always faithful friend  
 Wide awake for morning learning  
 Then soon, bright shining GPA  
 No more her forward path unknown

She pushed with all her might, she did  
 Propelled that boulder up the mountain  
 She's reached the top, SAIT graduation  
 A new career, a rolling stone



## Word of the Month

**Ebullient: adjective (ih-buhl-yuhnt)**

**Liveliness, enthusiasm,  
 overflowing with excitement.**

**He was in quite an ebullient mood.**

# Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

### 1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

### 2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

### 3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

### 4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

### 5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

### 6. Confidence Tips

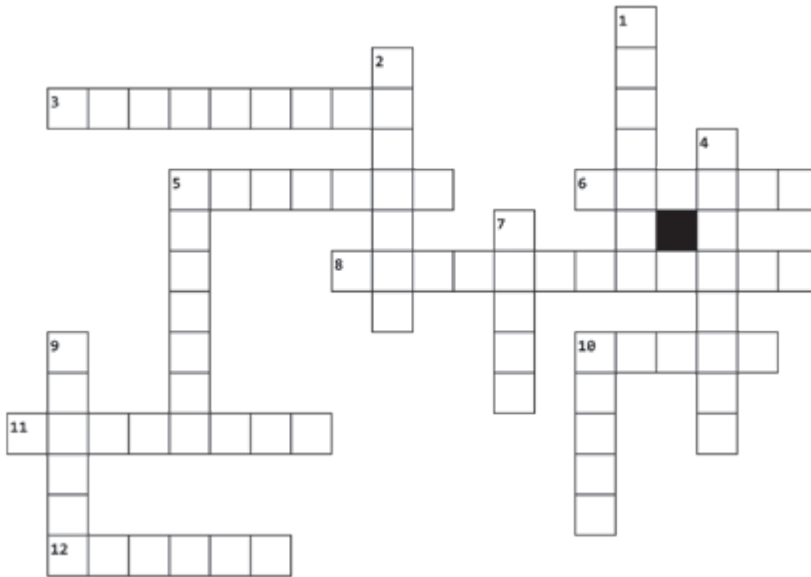
**Before the Date:** Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

**During the Date:** Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

**After the Date:** Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

# April Crossword



## Across

3. Simon & Schuster released the first-ever \_\_\_\_\_ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the \_\_\_\_\_ flu pandemic.
6. On April 30, 1952, Mr. \_\_\_\_\_ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, \_\_\_\_\_.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song \_\_\_\_\_ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

## Down

1. April's birthstone is the \_\_\_\_\_, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space \_\_\_\_\_*, premiered in April 1968.
4. The Royal \_\_\_\_\_ Air Force was officially established on April 1, 1924.
5. \_\_\_\_\_ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth \_\_\_\_\_ was born on April 15, 1982, in Vancouver, BC.
9. The World \_\_\_\_\_ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick \_\_\_\_\_ won the Pulitzer Prize for Music, becoming the first rapper to do so.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	5	1	\$900,000	\$900,000
January	25	3	4	\$1,212,000	\$1,168,750
December	24	0	4	\$1,824,950	\$1,774,134
November	24	7	0	\$0	\$0
October	24	0	4	\$362,000	\$349,750
September	24	4	4	\$1,337,495	\$1,312,495
August	24	5	3	\$420,000	\$419,500
July	24	2	3	\$299,800	\$300,000
June	24	2	4	\$274,450	\$256,000
May	24	8	4	\$729,950	\$742,500
April	24	2	2	\$744,350	\$746,900
March	24	3	3	\$1,325,000	\$1,200,000

To view more detailed information that comprise the above  
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## **CONTACT US**

 #215 - 7720 Elbow Drive SW,  
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