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Cat-and-Mouse Game

On February 10, 1940, the iconic cat-and-mouse duo, *Tom and Jerry*, made their big screen debut! Created by William Hanna and Joseph Barbera, this cat-and-mouse game would go on to capture the hearts of generations.



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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.

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CKE Community Garden

It may not seem like it's time to think about our vegetable gardens, but once spring hits it can feel like everything has to be done at once leaving little time for thoughtful planning. With our gardens still under a blanket of snow, this is the perfect time to plan your veggie garden and schedule the necessary tasks that will lead to a successful gardening season.

First decide what crops you want to grow. This will be determined by the space and growing conditions you have, the produce that your family likes to eat and in what quantities, as well as the time you have to dedicate to your garden.

With a list of crops, determine which ones are being direct seeded into the ground, those that you will purchase transplants of, and those that you are wanting to start as seeds indoors. Using the maturity dates on the seed packages along with the crops' tolerance to frost, determine the dates for all plantings.

Now you can determine the layout of your garden. Are you using raised or inground beds? Will some crops be planted in containers? Will you plant in blocks, rows, or use square foot gardening principles? All have their advantages – it may be interesting to experiment!

When planning the space, consider options for interplanting, such as growing radishes in between your carrots. The radishes break the soil making it easier for the carrots to break through and will mature before the carrots get well established. Succession planting can help maximize your space

usage as well – fast early crops can be replaced by those that are planted later.

It is important to also consider rotating your crops. Certain plants are soil builders (peas and beans) some are heavy feeders (lettuce and broccoli), and others are light feeders (carrots and beets). Rotating these means you are not depleting your soil nutrients, and heavy feeders can benefit from the work of your soil builders. Ideally you should also not plant crops from the same family in the same location each year – i.e. tomatoes, potatoes, and peppers are all in the Nightshade family. This will help avoid diseases common to those crops.

There is a lot to think about, but information is readily available online, in books and through workshops such as those offered by the Calgary Horticultural Society. Taking the time to plan ahead for your vegetable garden will go a long way to improving the quality and quantity of your harvest. If you are looking for ideas, swing by the CKE Community Garden this season!

Happy gardening!



50 WORDS

Most people are familiar with the imaginative children's author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn't be able to write a good book for kids using only 50 different words... guess he proved them wrong!



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Carolyn's Corner: Cut Above the Rest - Expert Pruning Strategies for Large Trees

by TJ Yurko

Tree care is a holistic practice that is part art, part science, and all about the intricate balance between nature versus nurture. Pruning achieves this balance by improving tree health, aesthetics, and safety. By understanding how to achieve this balance, you can keep your trees standing tall for many years to come.

Big Trees, Big Responsibility

Pruning techniques vary based on a tree's age, size, and species. Young tree pruning focuses on developing a strong framework by creating good structure. As trees grow and mature, pruning shifts toward maintaining health and safety. Tree size proportionately affects pruning complexity, with larger trees requiring know-how of chainsaws, ropes, climbing, rigging, and aerial lifts. Tree species also influences pruning response and compartmentalization. Therefore, researching and personalizing a maintenance plan for your tree ultimately helps promote its long-term health and vitality.

Making the Cut

Proper pruning technique is key. Improper pruning cuts cause stress, decline, and even death, so don't bark up the wrong tree with bad pruning habits. Instead, follow these guidelines for proper pruning cuts every time:

- Define pruning objectives.
- Preserve the tree's natural shape.
- Remove dead, damaged, and diseased branches.
- Reduce overextending branches.
- Avoid removing > 25% of the canopy.
- Avoid pruning oversized branches (> 4" diameter).
- Apply the three-cut method for larger branches.
- Make the final cut just outside of the branch collar.
- Use clean, disinfected tools.



Safety First

Safety is paramount when pruning large trees, so use basic safety considerations to prevent accidents and injury:

- Follow ANSI Z133 Safety Requirements.
- Wear CSA-approved personal protective equipment and fall-protection systems.
- Inspect and maintain equipment regularly.
- Ensure work area is clear of hazards.

Pruning is a skilled task that requires exceptional knowledge and precision. When in doubt, consult with a professional arborist to ensure your trees receive the best care possible.

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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	5	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
February	24	2	1	\$1,400,000	\$1,355,000
January	24	0	0	\$0	\$0

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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
February 24	1	2	\$774,900	\$810,055
January 24	1	4	\$674,900	\$694,750

EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
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
February 24	0	0	\$0	\$0
January 24	0	1	\$1,698,000	\$1,665,000

To view more detailed information that comprise the above
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How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

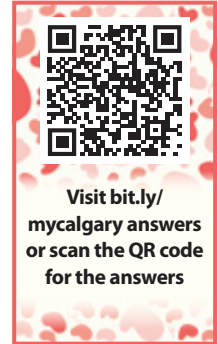
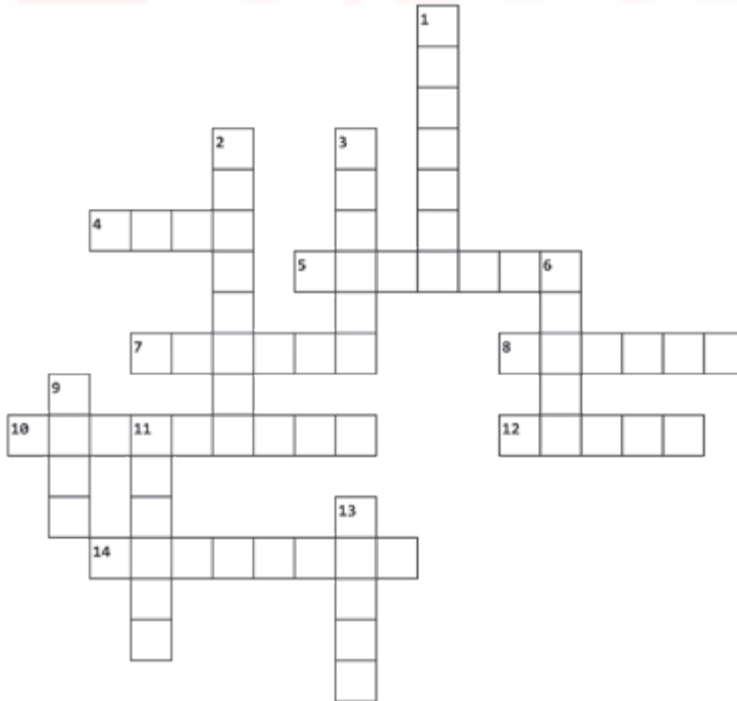
If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



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EAGLE RIDGE



Word of the Month

Eudaemonia: noun (yoo-di-moh-nee-uh)
Happiness, well-being, good spirit.

We are all trying to experience Eudaemonia.

Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

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