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LOCAL CONTACTS

CKE Hall Rental	Jennifer Sherstabetoff	CKEhallrental@gmail.com 403-764-9614
CKE News (editorial)	Vacant	CKEcommunity@gmail.com
CKE News (ads)	Great News Media	403-720-0762
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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.

YOU WON'T UNDERSTAND THE POWER OF A COMMUNITY ...UNTIL YOU'RE A PART OF ONE!

Please purchase your membership online or mail in the enclosed form.

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!





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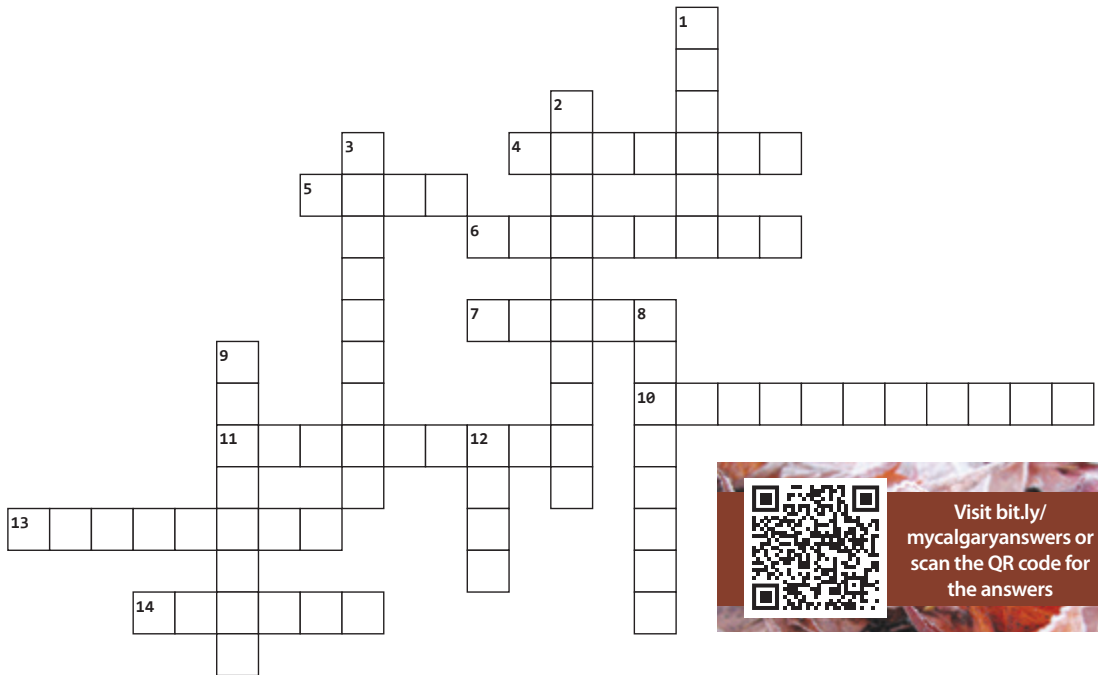
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November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

CKE Community Garden Update

As fall transitions into winter, thoughts inevitably turn to the holiday season. For many people, Christmas trees are an important part of the celebration, and there can be strong feeling connected to the decision of whether to choose an artificial or a real tree.

Devotees of real trees will often point to the amazing fragrance they can bring to your home. There is something nostalgic about the presence of this greenery and life during the depths of winter. But what artificial trees lack in this regard is balanced by the convenience of using the same tree for many years in a row, present minimal risk of fire, and the potential for having a tree up for a long portion of the holiday season. Real trees must be purchased each year, and at most will last indoors for three to five weeks. To maximize their longevity, keep them green, and prevent them drying out, start by making a fresh cut of the trunk to allow it to take up water. Keep the reservoir full at all times and locate your tree in a location away from heat sources such as fireplaces, heat vents, and sunny windows. It may be a bit messier to remove a real tree from the house at the end of the season (I often find needles well into spring!) but these trees can find a new life in the garden. They can be mulched, or branches can be cut and laid on top of the ground to protect soil over the winter. We often stand our tree up in a snowbank and enjoy watching the birds take advantage of the cover they offer. Artificial trees ultimately deteriorate, and at the end of their usefulness must be taken to the landfill. This along with the materials used to make them, and the distance they travel from where they imported create a significant carbon footprint.

Clearly there is an additional cost to purchase a real tree each year, but Christmas tree farms are sustainable businesses that we can choose to support. In Alberta, it's true that we have few tree farms locally to purchase from (it just takes too long for trees to reach an appropriate size in our climate), so don't be surprised if your tree has travelled from BC or the eastern provinces. If you want to cut your own tree you can purchase a Personal Use Forest Products Permit from the Alberta Government for a small fee. This allows you to get outside the city to a designated area on Crown Land and participate in the ritual of selecting and cutting your own tree.

Regardless of the tree you choose the tradition of using materials that are evergreen in appearance to decorate our house helps to carry us through the dark and cold winter and anticipate the coming of spring.

Look out for upcoming events such as our winter container workshop, and movie night in January. Happy gardening!



Word of the Month

Magnanimous: Adjective (mag-nan-uh-muhs)
Generous and high-minded. Not petty or resentful.
She paid for both her and her friend in a magnanimous gesture.



CKE HALL PROGRAM CONTACTS

Hopscotch Before and After School Care, Also Offering KinderCare

Jennifer Sprau and Tammy Quast
hopscotchbasc@gmail.com | 403-890-8233
Summer care is now open for registration.

RCCG Amazing Grace Assembly

Pastor Segun Shitta-Bey
info@rccgaga.ca | 587-717-2521
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STRONG - Strength Training for All Ages

Sarah Arcuri
sarah.arcuri@shaw.ca | 403-703-7751
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The Dance Compound Inc.

Kelsea Fitzpatrick
thedancecompound@gmail.com | 403-540-7294
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Chris Walker
banzaikaratedojo@gmail.com
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powerfit22@gmail.com
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Please reach out for more information
Elisa Choi
403-875-0198

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Rise Up Fitness

Marlo Brausse
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Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities—food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make “you” a priority. Filling your own cup gives you the energy to connect with others!

The Art of Finding Work: Myths Job Seekers Believe or Are Sold

by Nick Kossovan

Mythologies arose to explain natural phenomena. Many Greek and Roman gods—like Apollo (sun and light), Athena (war and wisdom), and Zeus (sky and justice)—represented various forces of nature. Eventually, mythology gave rise to organized religion, which developed more imaginative, almost human-like characters. While myths are, by definition, false or inaccurate, they remain as relevant today as they were to the ancients.

Myths aren't just stories. Ancient and modern cultures use them to explain the world and our experiences, answer timeless questions, and serve as a [moral] compass. Because myths aren't substantiated, they're not considered factually credible in the same way as documented history, scientific studies, and empirical evidence; however, they can have profound impacts on a person or community, often in negative ways, such as creating limiting beliefs that inhibit a person's thoughts, actions, and experiences.

Every day, I see job seekers cling to myths about job searching, often sold to them by self-professed career coaches peddling fear, false hope, and outright snake oil because it serves their self-interests to sell you their supposed magic bullet services.

The most common myths I encounter:

Using LinkedIn's "Open to Work" Banner Makes You Look Desperate

I find the often-heated ongoing debate about whether someone should use LinkedIn's "Open to Work" banner feature childish and ridiculous. The banner is nothing more than a signal, no different than a bakery hanging a 'Help Wanted' sign in its window or standing on the side of a road with your thumb out because your car broke down and you now need a lift. You do you; let others do themselves. Your job search strategy is yours to design. Ultimately, your job search results will speak for themselves.

The ATS is Rejecting Your Application Because of Keywords

Excuses abound:

- "Recruiters aren't doing their jobs."
- "I'm getting ghosted by bots."

- "It's all about keywords."

Here's the harsh truth. Job searching is a competition. You're competing against many candidates just as qualified as you, many more so. As I've stated in previous columns, there's always someone younger, more skilled, qualified, and hungrier than you.

Most of the time, your resume is seen by a human being, but like most resumes, it's not compelling. Then there's the common scenario, where your resume presents you as a "rockstar," but your LinkedIn profile and/or digital footprint, which employers study to determine whether you are interview-worthy, raises red flags and is an employer turnoff. Give this possibly serious consideration.

Resume Advice: Most resumes and LinkedIn profiles are mere lists of opinions. Employers hire results, not opinions.

Numbers are the language of business; therefore, your resume and LinkedIn profile should be populated with numbers (revenue increase, savings created, time efficiency, amount of work done, scope of work) that clearly show employers the value you've brought to previous employers, which demonstrates what value you can bring to a new employer.

It's All Just Luck

"You just need to get lucky" translates to "I don't want to take ownership of my actions." Success in today's market isn't about luck; it's about strategy, clarity, positioning, and relentless repetition. How many job seekers can say they're focusing on, even mastering, these four action pillars?



the role or, as I mentioned, wasn't compelling enough (read: didn't convey your value), or your LinkedIn profile/digital footprint is an employer turnoff.

Biases and "Isms" are Why I'm Not Getting Hired

This myth can be filed under the many "I'm a victim!" excuses job seekers have. Yes, biases exist. Every person on this planet carries a bucket of biases; it comes with the human condition. You and I have biases, so pointing out what you perceive as an employer's bias is hypocritical.

Biases aren't what's holding you back. I've seen countless candidates prove biases inaccurate by showing up prepared with a clear message and evidence of their value, and most importantly, without an "I'm a victim!" mindset. Do your actions support common biases, such as older people being less energetic or exhibiting health issues, or do they challenge them?

Today's job market is the new norm. Believing in the face of ongoing rapid advancements in AI and automation, the myth that we'll one day return to an employee-led market is believing a comforting lie. More than ever, job search success requires clearing your head of unsubstantiated myths.

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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
December	24	0	0	\$0	\$0
November	24	0	0	\$0	\$0
October	24	2	2	\$599,950	\$574,500

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August	25	0	0	\$0</	

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



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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
December	24	0	4	\$1,824,950	\$1,774,134