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May	26	8	5	\$1,399,900	\$1,385,200
April	26	0	3	\$255,000	\$245,000
March	26	2	1	\$1,289,000	\$1,284,000
February	26	2	2	\$964,900	\$942,500
January	26	3	1	\$1,299,900	\$1,260,000
December	25	0	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

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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
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Any help is appreciated ♥



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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

Calgary can be a tough place to garden with its long winters, unpredictable seasons, Chinook winds and dry summers. The most dramatic weather gardeners must deal with, is hail. Usually arriving with little warning, a down pour of hail pellets – even small ones – can shred plant leaves in a few minutes. Blossoms can be destroyed, and fruit can be damaged or torn off. Severe hail has the potential to impact the bark on trees and even break small branches.

The risk to plants is primarily from the destruction of photosynthesising material which weakens the plant. Any wounds make the plant more vulnerable to diseases. The good news is that the root system has not been affected, and most plants will be able to survive.

Start by cleaning up the debris around the plant, along with any pieces that are no longer firmly attached. Be conservative when removing damaged foliage, as it is still able to photosynthesize. Remove any fruit or flowers that are not going to recover. Look carefully at tree and shrub branches and prune out any that have a significant amount of damage.

The focus now moves to recovery. Keep plants healthy – maintain good moisture levels and consider mulching to reduce stress. Don't fertilize right away, as this can push plants too hard at a time when they are trying to regain their strength. As new foliage starts to emerge on annuals and perennials, more damaged material can be cut off. Herbaceous plants (vegetables, annuals, perennials) that do not appear to improve, may need to be removed.

Protecting plants from hail presents some challenges. Some gardeners with very valuable plants have been known to invest in little umbrellas that can be put up over individual specimens, but this requires being home at the right time. Pots and containers can also be put over plants if desired. Vegetables that have already been covered with any kind of poly tunnel, or the white shade cloth that protects from insects like cabbage moths etc. can be extremely helpful in preventing hail from damaging crops.

Hail is a reminder that gardeners, along with their plants, must be resilient in the face of environmental challenges. Check out how the CKE Community Garden crops are doing after experiencing hail in July.

Happy Gardening!

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Tanghulu

by S. Law



Looking for a fun way to use your fruit? Try making tanghulu at home! This classic Chinese snack is easy to make and the perfect treat, check out the recipe below!

Ingredients

- Any fruit that can be pierced on a skewer.
- 1 cup of sugar
- 1/2 cup of water
- Wooden skewers

Directions

1. Wash and dry your fruit of choice, cut it into 1 to 2 inch pieces. For berries keep them whole.
2. With your wooden skewers, pierce the fruit, pushing each one down until your skewer is full, leaving enough room at the end for you to hold. Set aside.
3. Pour your sugar and water into a pot, making sure the pot is not too full.
4. Stir the water and sugar together until fully combined, then turn the heat on medium and cover with a lid.

Do not stir while the pot is heating! The water will prevent the sugar from burning, stirring only agitates the crystals making the mixture clumpy.

5. Once the sugar water begins to boil, you can remove the lid and let it cook.
6. You are waiting for the sugar to become golden in colour, do not stir with a spoon, but you can lift the pot above the heat and gently swirl the contents, so it cooks evenly.
7. Once you think the sugar is close to being done, prepare an ice bath in a large container that will fit your skewers.
8. When the sugar turns that golden shade, remove it from the heat immediately and begin carefully dipping your prepared skewers. The sugar will be very hot, so be careful not to burn yourself.
9. As soon as they have been dipped, place them into the ice bath so the sugar hardens, and you're done!
10. Enjoy your hard-earned treat with family and friends.

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Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

August Crossword



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



Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day

Accidental Poisoning

by Emergency Health Services



Emergency Health Services (EHS) paramedics would like to remind parents and caregivers of precautions they can take to help prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter medication is a frequent cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher/laundry tablets, mouthwash, chemicals such as paints/solvents, cleaning products, and button batteries.

Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications and button batteries are kept.

Safety tips

- Child-resistant medication bottles are not necessarily child-proof. They can still be opened by a child.

- Take extra precautions with medicines designed to appeal to children such as chewable vitamins or flavoured cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even a small amount can cause serious illness if ingested.

Find poisoning information by calling the Poison and Drug Information Service (PADIS) at 1-800-332-1414.

In Case of a Poisoning Emergency, Call 9-1-1

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Word of the Month

Syzygy: noun (si-zuh-jee)

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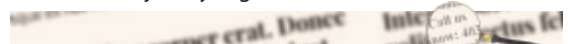
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CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

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June	26	1	0	\$0	\$0
May	26	0	0	\$0	\$0
April	26	2	0	\$0	\$0
March	26	2	0	\$0	\$0
February	26	1	1	\$734,900	\$713,000
January	26	1	1	\$949,900	\$930,000
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

EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

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		Listed	Sold	Listed	Sold
June	26	1	2	\$6,090,000	\$5,933,000
May	26	0	1	\$1,248,000	\$1,235,000
April	26	0	0	\$0	\$0
March	26	1	0	\$0	\$0
February	26	0	0	\$0	\$0
January	26	1	0	\$0	\$0
December	25	0	0	\$0	\$0
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