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CKE NEWS

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







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	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 26	1	2	$872,450	$840,000
August 26	4	0	$0	$0
July 26	6	4	$402,000	$394,275
June 26	4	1	$1,199,900	$1,200,000
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	1	1	$2,780,000	$2,490,000
November 25	1	4	$824,450	$810,000
October 25	15	9	$724,900	$700,000

To view more detailed information that comprise the above MLS averages please visit **kevg.mycalgary.com**

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Cubs/Scouts	Andrea Hall	scouterandrea@118scouts.ca 403-837-7103
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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

Winter can be long and sometimes dreary for gardeners. One great way to express your creativity while adding winter interest and curb appeal is by building winter planters.

You can use many of the same planters that you had annuals in over the summer; just make sure they can withstand winter conditions. Plastic, metal, and wood are better than terracotta or glazed pots that can crack when frozen. It is possible to use floral foam for these arrangements, but it is more sustainable to use garden soil. Empty out your planters before they freeze, then add new soil when you are ready to build your planter. Water when you are finished and let them freeze solid.

A quick search on the internet (Pinterest is perfect!) will give you an idea of how these planters can be designed. This is more like floral arranging than gardening, but not hard to get the hang of. Many garden centers will sell materials such as evergreen branches (cedar, fir, pine, etc.) as well as decorations like fake berries, pinecones, and other stems such as birch, alpine huck, curly willow, and magnolia.

You can also take advantage of materials found in your own landscape. If you have pine or spruce trees, a bit of pruning will provide the branches you need for a great foundation. Look for trees and shrubs such as dogwood with coloured stems, hydrangeas with dried flowers, mountain ash with berries and roses with their hips still on. All provide great contrast and are great used in combination with dried flowers like echinacea, ornamental onions, yarrow, sedum, even bunches of any ornamental grasses. If you are feeling crafty, Christmas ornaments or even dried oranges and pomegranates can be glued onto the end of a stick for that final touch.

If you feel like you could use a helping hand with this project, why not join us at our Winter Planter Workshop that will be coming up November 19 at Garden Retreat! Details can be found on our website and the CKE's social media accounts.

Happy Gardening!



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sarah.arcuri@shaw.ca | 403-703-7751
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thedancecompound@gmail.com | 403-540-7294
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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 Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- 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, and stop.
- 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 (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's 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 $390.00 and three demerit points.
- Do not follow within 150meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.





Word of the Month

Psithurism: Noun (sith-yuh-riz-uhm)

The soft, whispering sound of the wind moving through trees and leaves.

"A faint psithurism at the edge of the woods could be heard as the evening air began to cool".



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November Crossword



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Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.



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CHINOOK PARK	KELVIN GROVE	EAGLE RIDGE

Modest Millionaire

by Karen Boudewyn, Senior Wealth Advisor



When you picture a millionaire, what comes to mind? Perhaps someone who sold a business, received an inheritance, or had an extraordinary career.

But many people approaching retirement have built substantial wealth in a quieter way. They earned a salary, managed their expenses, lived within their means, and invested what they could over many years. Some earned additional income from a rental property or another source, but there was no single windfall. Their progress came from choices repeated over time.

These are The Modest Millionaires. They understood their numbers: what came in, what went out, and what was available to save. They invested for the long term, knowing markets would have both strong years and pullbacks. They did not need to make a new investment decision every day.

The foundation is simple: earn, spend with intention, and invest the difference. Time and compounding can then do the heavy lifting. Of course, people start with different opportunities and face different challenges. The point is that steady habits can have a powerful effect over a working life.

Perhaps the most meaningful choice these people made was to give their future selves a place in today's decisions. As retirement approaches, though, the question changes. It is no longer only "Have I saved enough?" It is also "What kind of life have I been saving for?"

Wealth is More Than a Number

Financial wealth creates options, but it is only one of the six priorities of wealth I encourage people to consider:

- **Financial Wealth:** Having the resources to support your needs, goals, and choices.
- **Physical Wealth:** Caring for your health and ability to enjoy daily life.
- **Mental Wealth:** Supporting your sense of clarity, resilience, and peace of mind.
- **Time Wealth:** Having room for the people and activities that matter to you.
- **Social Wealth:** Building and maintaining meaningful relationships.
- **Spiritual Wealth:** Living with purpose and in keeping with your values, however you define them.

These priorities are connected. Money may give you the freedom to travel, but physical health helps you enjoy the trip. More free time can be a gift, but relationships and a sense of purpose help make that time meaningful.

Ten Questions to Shape Your "Enough" Life
A million dollars is a number. A fulfilling retirement is personal. As you think about your next chapter, ask yourself:

1. **What Does an "Enough" Life Look Like to Me?** What would make my days feel satisfying?
2. **Where Do I Want to Live?** Does my home and community support my health, relationships, and lifestyle?
3. **What Qualities Do I Want to Bring into This Stage of Life?** Perhaps curiosity, generosity, independence, or a willingness to try something new.
4. **Who Do I Want to Share My Life With?** Which relationships do I want to nurture?
5. **What Do I Want to Do and Learn?** How would I like to use my time when work takes up less of it?
6. **Which Material Things Matter to Me?** What adds value to my life, and what simply takes up space or money?
7. **How Much Flexibility Do I Want in My Spending?** What would I like to be able to say yes to?
8. **What Feels Missing Today?** Is there something important I have been postponing?
9. **What Role Do I Want Work to Play?** Would I like to retire fully, work part-time, mentor others, or pursue a new goal?
10. **What Are My Family Priorities?** How do I balance supporting others with caring for my own future?

From Questions to Action
Your answers may reveal gaps between the life you have built and the life you want to live. Some gaps may be financial. Others may involve your health, relationships, time, peace of mind, or sense of purpose.

Choose one or two priorities to start. Then look at the numbers and the practical steps behind them. A thoughtful financial plan can help you understand what is possible, where adjustments may be needed, and how to use your resources with intention.

Building financial wealth matters. So does making room for the other kinds of wealth that make life rich. The goal is to align your money with your life—and give yourself permission to enjoy the future you spent so many years preparing for.



November Flowers

by Garth Paul Ukrainetz

Poet of the Blackmud Creek

November flowers will never grow
Upon a field of fallen snow
O thoughtful heart, your garden best
Remembrance fertile fills the chest

In silence, sacred waters flow
Our hearts, like sunshine, warmly glow
For rain and sun make flowers thrive
Keep freedom, valor's hope, alive

In honour, gratitude, and pride
Deep poppy roots take hold inside
Lest we forget their row on row
November flowers will never grow

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CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 26	4	2	$1,124,900	$1,147,500
August 26	3	2	$1,237,000	$1,216,500
July 26	5	2	$818,750	$810,000
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	5	4	$1,089,500	$1,080,000
November 25	4	2	$1,083,950	$1,072,500
October 25	1	2	$654,950	$621,750

To view more detailed information that comprise the above MLS averages please visit **chri.mycalgary.com**

EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 26	1	0	$0	$0
August 26	1	0	$0	$0
July 26	0	0	$0	$0
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
November 25	0	0	$0	$0
October 25	1	0	$0	$0

To view more detailed information that comprise the above MLS averages please visit **eagl.mycalgary.com**

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A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.









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