

APRIL 2023

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# CKE NEWS

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## CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	0	1	\$725,000	\$697,000
January	23	1	1	\$775,000	\$700,000
December	22	0	1	\$665,000	\$650,000
November	22	0	1	\$149,990	\$141,500
October	22	2	1	\$164,900	\$157,000
September	22	2	1	\$179,900	\$160,000
August	22	3	2	\$378,950	\$402,500
July	22	1	1	\$774,800	\$750,000
June	22	3	4	\$824,950	\$833,700
May	22	3	1	\$629,000	\$610,000
April	22	2	2	\$774,894	\$777,500
March	22	3	1	\$625,000	\$650,000

## EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	0	0	\$0	\$0
January	23	1	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	0	0	\$0	\$0
October	22	0	0	\$0	\$0
September	22	0	0	\$0	\$0
August	22	0	1	\$1,250,000	\$1,400,000
July	22	1	0	\$0	\$0
June	22	0	1	\$1,859,000	\$1,846,500
May	22	1	0	\$0	\$0
April	22	0	0	\$0	\$0
March	22	1	0	\$0	\$0

To view more detailed information that comprise the above  
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## CKE Community Bottle Drive

Bottles piling up in your garage? We can help!

Drop off your refundables:

Bottles, cans, milk and juice containers

**CKE Community Hall Parking Lot, Saturday, May 13, 2023**

**Between the hours of 9AM and noon**

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Questions? Call 403-852-1623

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## CKE COMMUNITY ASSOCIATION BOARD

President	Daniel Kowall	<a href="mailto:ckepresident@gmail.com">ckepresident@gmail.com</a>
Vice President	Elyse Dalla-Longa	<a href="mailto:ckevicepresident@gmail.com">ckevicepresident@gmail.com</a>
Treasurer	Glen Haslhofer	<a href="mailto:treasurercke@gmail.com">treasurercke@gmail.com</a>
Secretary	Zonita Haggis	<a href="mailto:secretarycke@gmail.com">secretarycke@gmail.com</a>
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Community Garden Director	Harry Schaepsmeier	<a href="mailto:communitygardencke@gmail.com">communitygardencke@gmail.com</a>
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Director of Facilities	Vacant	<a href="mailto:facilitycke@gmail.com">facilitycke@gmail.com</a>

## LOCAL CONTACTS

CKE Hall Rental	<a href="mailto:CKEhallrental@gmail.com">CKEhallrental@gmail.com</a> 403-764-9614
CKE News (editorial)	Vacant <a href="mailto:CKEcommunity@gmail.com">CKEcommunity@gmail.com</a>
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Brownies/Guides	Anne Bennett 403-255-3883
Cubs/Scouts	Crystal Botterill 403-454-9644
Heritage Community Soccer	<a href="mailto:CKEHeritageSoccer@gmail.com">CKEHeritageSoccer@gmail.com</a>
Softball	Sonny Vallieres 403-238-0847
Football	Rob Perry 403-251-6556
Police Service	Jake Tyerman 403-253-2261
Community Liaison	Robinson ext. 2143
Neighbourhood Partnership Coordinator	Jared Jenkins 587-572-9292
Police Service at HWW	Cst. Jake Tyerman 403-253-2261 ext. 2143
Alderman, Ward 11	Kourtney Penner 403-268-2430
MLA, Calgary Glenmore	Whitney Issik 403-216-5421

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 3000 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).

## PRESIDENT'S MESSAGE



Happy April!

As I write this message in mid-March, we are still seeing the last bits of winter on this frigid day. However, the days are getting longer and sunnier. By the time you will read this message, it will already be spring! I am sure the snow is long on its way to melting and the days are much warmer.

Springtime brings lots of changes in the CKE community. Most notably, the outdoor rinks in our community will be on their last legs or already melted at this point, and we can start looking forward to springtime activities. Spring opens up our amazing facilities in the community, which include our fantastic pickleball/tennis courts, various parks, and our hall.

We had another member leave our board recently: Deb Esayenko. Deb was a longtime member of the board, donating countless hours of her time to the community. On behalf of the board and the community, I wanted to say thank you for all your volunteer hours. You will be missed on the board! Also, as such, we have another opening on the board in the role of communications director. If you have any interest, please email [ckecommunity@gmail.com](mailto:ckecommunity@gmail.com).

Look out for our Easter party on April 10! Prizes will be included for the lucky winners! We will also have a Butterfield Acres petting zoo and face-painting stations! Details on our website. Also, soccer season is just around the corner; if you would like to register your child, please contact [ckeheritagesoccer@gmail.com](mailto:ckeheritagesoccer@gmail.com) for more details.

A reminder that our CKE community hall is a fabulous place to host events! It can accommodate corporate events, birthday parties, weddings, anniversaries, social events, and more! It is available for rent on an hourly or daily rate, so please get in touch with Jen at [ckehallrentals@gmail.com](mailto:ckehallrentals@gmail.com) if this interests you.

Here are some things to do around Calgary this month:

- Visit Banff or Canmore
- CKE Tennis Courts
- CKE Numerous Playgrounds

If anyone wants to chat at any time, please feel free to reach out via email at [daniel@dkboutiquerealestate.com](mailto:daniel@dkboutiquerealestate.com).





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		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	23	1	0	\$0	\$0
January	23	0	1	\$199,900	\$187,000
December	22	1	1	\$185,000	\$187,000
November	22	1	4	\$564,450	\$548,000
October	22	1	3	\$329,900	\$325,000
September	22	2	1	\$194,999	\$183,372
August	22	2	0	\$0	\$0
July	22	2	0	\$0	\$0
June	22	2	0	\$0	\$0
May	22	2	5	\$314,900	\$312,000
April	22	5	4	\$837,450	\$874,000
March	22	4	6	\$214,500	\$204,575

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

## CKE HALL PROGRAM CONTACTS

### **Hopscotch Before and After School Care, Also Offering KinderCare**

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

### **RCCG Amazing Grace Assembly**

Pastor Shitta-Bey  
info@rccgaga.ca  
587-717-2521  
Every Sunday

### **STRONG- Strength Training for All Ages**

Sarah Arcuri  
sarah.arcuri@shaw.ca  
403-703-7751  
Contact Sarah for more information.

### **Nicole Leona Yoga**

Yoga all summer long.  
Nicole Kowalchuk  
nicoleleonayoga@gmail.com

### **The Dance Compound Inc.**

Kelsea Fitzpatrick  
Dance and fitness classes for ages 9 months to adult!  
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thedancecompound@gmail.com  
403-540-7294

### **Banzai Karate Club**

Chris Walker  
banzaikaratedojo@gmail.com  
Registration open year round.

### **HIGH Fitness for Adults of All Ages**

Amber Zenith  
info@highfitness.com  
Reach out for more information.

### **Counterpoint Dance**

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### **Calgary Young People's Theatre - Drama Classes**

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Camp and class manager: Zoë Arthur  
admin@cypt.ca  
587-392-5832  
www.cypt.ca

### **Run. Jump. LEAD**

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Natalie Swanson  
run.jump.lead@gmail.com  
403-828-0886  
www.runjumplead.com

### **Run. Jump. LEAD Yoga Mommy and Me**

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### **Alberta Perinatal Wellness Centre**

Therapy groups for pre/postpartum mothers.  
Anna Irving and Janelle Cohos (Registered Psychologists)  
info@albertaperinatal.com  
www.albertaperinatal.com

### **Ballet and Bubbles**

Kids Dance Exploration. Program for ages 4 to 6.  
Mondays Cori Ann A.  
mnm4fitfun@gmail.com  
coming September. Please email for more information.

### **Power Hour Fitness**

Strength training for all levels.  
Jacqueline McKendry  
powerfit22@gmail.com  
Please email for more information.

*Are you looking for a place to host your programs? CKE would love to have you, with our four different rooms: Studio, Lifestyle Room, Bluesky Gym, and Boardroom. We have something for every event. Please reach out to our facility coordinator at [CKEhallrental@gmail.com](mailto:CKEhallrental@gmail.com) for more information.*

## CKE Community Garden

With the late arrival of quantities of snow this year, it's hard to believe that we typically start to garden in April. But once the melt is on and the spring sun starts to shine, we'll be eager to get our hands into the soil. And one of the tasks best done early is getting a head start on weeds.

Perennial weeds like dandelions have roots that survive over the winter, so are ready to start growing as soon as conditions allow. Digging these out early will prevent them from flowering and going to seed. Some of the truly troublesome garden weeds are summer annuals, relying on the production of copious amounts of seeds that laid dormant over the winter, germinate in the spring, then grow into mature plants.

But a second type of annual – winter annuals – also rely on massive amounts of seeds but their lifecycles are slightly different. Their seeds are produced earlier in the summer in time to germinate and produce a low, green plant called a rosette. These rosettes lay dormant under the snow cover, ready to produce flowers and seeds incredibly early the next spring. As soon as the snow has retreated, they can be found in the garden pushing up stems with flowers ready to bloom before we even notice. So, take some time this spring and scout for winter annual weeds such as stinkweed, shepherd's purse, and chickweed.

Stay tuned for dates for our spring cleanup in the community garden. We are fully booked this year and have some new gardeners joining us. There's sure to be some winter annuals that we can tackle!

Happy gardening!

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# Crustless Spinach Quiche Recipe

by Melanie Ksienski, Registered Dietitian and Kelvin Grove Resident

If you are looking for a fast-to-make dinner or brunch dish, this recipe is for you! It takes five minutes to prepare, and can be made in one bowl!

## Ingredients:

- 1 pkg frozen chopped spinach, defrosted
- 1 500-gram container of cottage cheese (2 cups)
- 1 cup milk
- 1 cup flour (can sub 1 cup gluten free flour or potato starch to make this gluten free)
- 2 cups grated cheese (cheddar, mozzarella, or whatever's your favourite!)
- 6 eggs
- ½ tsp of Mrs. Dash or no salt seasoning

## Method:

1. Preheat oven to 350 degrees.
2. Spray a 9 x 13 baking dish or pie plate with non-stick cooking spray.
3. Mix all ingredients together in a large bowl.
4. Pour into prepared baking dish and bake for 45 minutes, 1 hour until slightly golden brown on top.

## What do I love about this crustless quiche recipe?

- It is fast to make! Seriously, you can prepare this recipe in five minutes. While it takes 45 minutes to cook, I can be doing something else during that time...cleaning up the kitchen, organizing, answering emails, etc.
- You can enjoy this recipe as a quiche or cook this recipe in muffin tins for quiche-muffins, which are great for packing lunches, as well as grab-and-go meals and snacks.
- You can prepare this quiche and freeze it.
- You can substitute other cooked vegetables in place of the spinach.
- This recipe works for dinner, but also would be an excellent breakfast, brunch, or lunch.



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*Spring*

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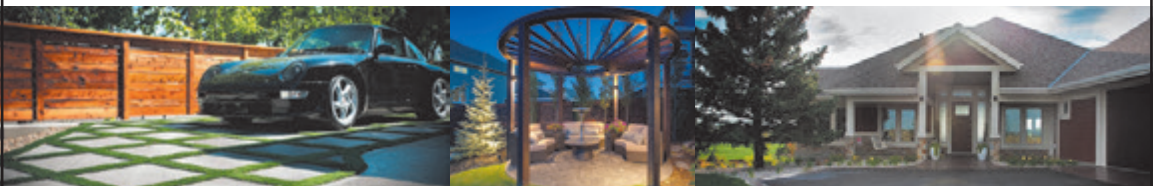
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