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

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		Listed	Sold	Listed	Sold
October	23	1	1	\$320,000	\$315,000
September	23	2	1	\$219,000	\$205,000
August	23	2	2	\$229,950	\$250,000
July	23	5	6	\$327,400	\$322,450
June	23	5	4	\$1,086,950	\$1,062,500
May	23	7	4	\$533,000	\$540,750
April	23	2	3	\$1,049,900	\$1,030,000
March	23	0	0	\$0	\$0
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

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

## GAMES & PUZZLES

### Guess That Character!

1. Named after a month, this dark character is part of a famous fictional family and got her name from a Mother Goose nursery rhyme.
2. This character is voiced by Vin Diesel and can only rely on one line to emote throughout his screen time.
3. This quirky creature is the counterpart to Wallace in their wild escapades.
4. A cowboy being best friends with a space ranger seems unlikely, but that is exactly what this beloved children's character is.
5. This character is best known for her adventures and her bright red shoes.
6. The star of a film released in 1994, this character is best known for his love of life and chocolates.



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### A CAST OF CHARACTERS



In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor.

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Director at Large	Lance Titchkosky	
Director at Large	Jim MacLean	
Director at Large	Rodney Smith	

## LOCAL CONTACTS

CKE Hall Rental	Jennifer Sherstabetoff	<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>
CKE News (ads)	Great News Media	403-720-0762
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Cubs/Scouts	Crystal Botterill	403-454-9644
Heritage Community Soccer	Vacant	<a href="mailto:CKEHeritageSoccer@gmail.com">CKEHeritageSoccer@gmail.com</a>
Softball	Sonny Vallieres	403-238-0847
Football	Rob Perry	403-251-6556
Police Service Community Liaison	Jake Tyerman Robinson	403-253-2261 ext. 2143
Neighbourhood Partnership Coordinator	Christa Zaharychuk	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	Nagwan Al-Guneid	

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).

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## TRAILERS



If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.

# WORD OF THE MONTH

**Stalwart: Adjective (Stawl-wert)**

Loyal, reliable, diligent, and brave.

She is a stalwart supporter of animal rights.

## CKE HALL PROGRAM CONTACTS

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

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hopscotchbasc@gmail.com  
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Summer care is now open for registration.

### **RCCG Amazing Grace Assembly**

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

Sarah Arcuri  
sarah.arcuri@shaw.ca  
403-703-7751  
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### **Nicole Leona Yoga**

Nicole Kowalchuk  
nicoleleonayoga@gmail.com

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

Kelsea Fitzpatrick  
thedancecompound@gmail.com  
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### **Banzai Karate Club**

Chris Walker  
banzaikaratedojo@gmail.com  
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### **Counter Point Dance**

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

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admin@cypt.ca  
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### **Run. Jump. LEAD**

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run.jump.lead@gmail.com  
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### **Alberta Perinatal Wellness Centre**

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### **Power Hour Fitness**

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powerfit22@gmail.com  
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### **Futsal Calgary**

Michelle Holmes  
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### **Triple Meg Indoor soccer**

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### **Rebound Fitness**

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Elisa Choi  
403-875-0198

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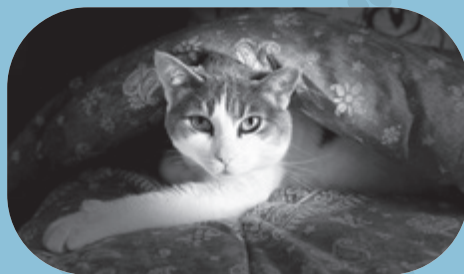
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### Rosemary and Oregano – A Good Combo for the Festive Season

by Kosha Vaidya, MBBS, CH



Rosemary and oregano herbs are helpful in winter months. Rosemary and oregano are becoming my favourite by the day. Rosemary helps in increasing alertness which I guess we need to get ready for Christmas. This herb is rich in antioxidants.

Herbalists use this herb for various conditions such as people having circulatory weakness, digestive disorders, and depression just to name a few. In one study rosmarinic acid which is found in rosemary helped people to get better from the common cold 33% faster.

Let's look at oregano. To begin with it has a great taste and can be added in almost any meal for personal consumption such as meals prepared for social gatherings. Oregano has antiviral and antibacterial properties. Basically, it improves immunity which is also important during holiday seasons when we have many social gatherings. One to two spoons of oregano mixed with 250 ml of water which is then steeped for 15 minutes is a healthy mouth gargle to help fight throat infection and cold symptoms.

Both the rosemary and oregano herbs have many health benefits. They help me prepare delicious meals for the holiday season and especially help sharpen my memory so that I don't have to struggle remembering the to-do list for the festive season.

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## Deck the Hall Christmas Market

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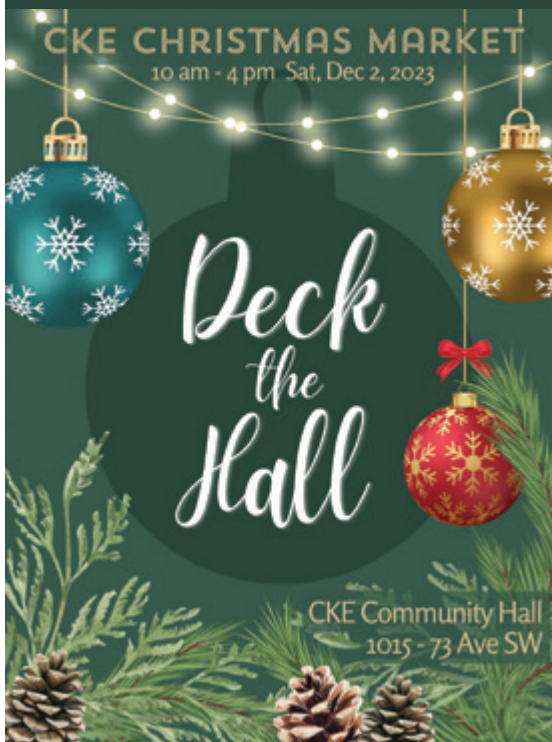
Get ready to "Deck the Hall" again at the second annual CKE Community Christmas Market!

Plans are well underway for this year's edition of the market, including the kids only market and the kids' craft and cookie area. A small army of volunteers is needed to run every exciting part! Please reach out to [ckecommunity@gmail.com](mailto:ckecommunity@gmail.com) or visit [ckecommunity.com](http://ckecommunity.com) to see how you can help.

Your favourite vendors are already preparing but we are still accepting applications. The link is on our website.

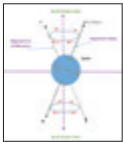
Follow @ckemarket on Instagram for details about market day!

**CKE CHRISTMAS MARKET**  
10 am - 4 pm Sat, Dec 2, 2023



# Polaris Hasn't Always Been the North Star

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Like a child's top, the Earth has a bit of a wobble as it spins on its axis. This is called precession and over the course of about 26,000 years, it causes the Earth's celestial poles to slowly move in a circle. As a result, the star closest to true north (or south) changes over time.

Occasionally, there is no bright star near the celestial pole, as is the case in the Southern Hemisphere today.

4,500 years ago, it is believed the Egyptians used the star Thuban to align the Khufu pyramid with true north. As Thuban never set and all the other stars appeared to revolve around it, the Egyptians regarded the North Star as the portal



to heaven. This played a vital role in their belief of the afterlife. There were many, many otherworldly steps involved when a pharaoh died, but eventually his soul travelled to Thuban where he joined with the Sun god Ra. From this lofty perch, he then ruled over the celestial realm, just as he had on Earth.

The following stars have repeatedly reigned as the North Star:

- Present day: Polaris
- 4,000 AD: Gamma Cephei
- 10,000 AD: Deneb
- 14,000 AD: Vega
- 21,000 AD: Thuban will once again wear the North Star crown

## The South Star

While there is currently no bright star close to the South celestial pole, for the past 2,000 years, people have used the constellation Southern Cross to find true south. It won't be until 4,200 AD that Gamma Chamaeleontis will lay claim to the title.



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		Listed	Sold	Listed	Sold
October	23	1	2	\$201,000	\$207,000
September	23	4	2	\$749,900	\$765,000
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July	23	6	3	\$635,000	\$600,000
June	23	1	1	\$934,500	\$965,500
May	23	3	3	\$789,000	\$770,000
April	23	1	1	\$1,000,000	\$995,000
March	23	1	2	\$839,500	\$821,500
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

To view more detailed information that comprise the above  
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		Listed	Sold	Listed	Sold
October	23	1	0	\$0	\$0
September	23	1	0	\$0	\$0
August	23	0	0	\$0	\$0
July	23	2	0	\$0	\$0
June	23	1	1	\$1,799,900	\$1,800,000
May	23	0	0	\$0	\$0
April	23	0	1	\$1,990,000	\$1,905,000
March	23	1	0	\$0	\$0
February	23	0	0	\$0	\$0
January	23	1	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	0	0	\$0	\$0

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