

JANUARY 2023

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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
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
February	22	4	3	\$1,150,000	\$1,125,000
January	22	2	4	\$372,400	\$360,000
December	21	3	1	\$949,900	\$918,000

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

OFFICIAL

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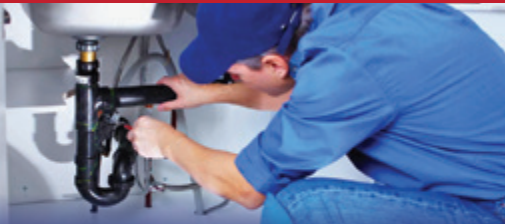
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Have you ever heard of **MULTIPLE MYELOMA** (commonly referred to as **MYELOMA**)?
Have you (or someone you love) been diagnosed with **Myeloma**?
The Southern Alberta Myeloma Patient Society ("SAMPS") is here to help!

Myeloma Facts:

Myeloma is a widely unknown blood cancer affecting the plasma in the bone marrow | Myeloma can cause high calcium levels, bone lesions and fractures, anemia, and kidney and immune system issues | There is no cure at this time | Approximately 3,800 Canadians are newly diagnosed with Myeloma every year.

SAMPS is a non-profit organization dedicated to assisting myeloma patients and advocacy, education, and supporting critical research advancing treatments and working for a cure right here at the University of Calgary Division of Hematology Research Lab and Education Fund.

SAMPS can support people affected by Myeloma by:

Providing free membership to access the SAMPS monthly Outlook newsletter and online resources | Organizing support meetings for patients, their families, and caregivers | Advocate for patient care and drug access | Coordinating educational sessions for patients and caregivers.

If you know someone affected by Myeloma or wish to learn more or become a SAMPS member,
please visit www.samps.ca or contact us at info@samps.ca.



PRESIDENT'S MESSAGE

Happy New Year!

Well, we made it through 2022 and we are beginning a new year in 2023. I hope you all had an amazing few weeks of holidays and were able to celebrate with your families. I was able to take some time off with my family in sunny California; it was a much needed break from the hustle and bustle of the day to day schedule.

On behalf of the CKE, I am very excited to welcome you to 2023! If you haven't already, please check out our fantastic community outdoor rinks and enjoy the outdoors. Also, our CKE hall is a fantastic benefit we have in our community, and includes a gym, meeting room, studio, lounge, and more! To make a rental inquiry or reservation, please email ckehallrental@gmail.com.

I want to announce some changes on the CKE board. Guy Buchanan has been in the role of planning director, and he has been monumental in helping our community navigate the Heritage LAP. He has also been

a great contributor in the community and helped many residents with planning or zoning questions. Guy has volunteered to step down intermittently; he is being replaced by Jessica Kopitar who will do a fantastic job. On behalf of the board, thank you, Guy, for your hard work in the community. We have also had some other new members join on the board: Suzanne Brown who will be stepping into the role of social director and Robyn Messer who is joining as recreation director. So, I want to extend a warm welcome and appreciation to our new members!

As always, here are some activities around the city this month:

- Olympic Plaza Ice Skating
- Tobogganing
- Snowshoeing
- CKE Parks, Skating Rinks, and Activities

If anyone wants to chat at any time, please feel free to reach out via email at daniel@kboutiquere.com.



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Seniors Housing Experts

There are over 240 seniors' residences in the Calgary area. Choosing the right location is very important. Demand exceeds supply so be proactive.

Our experienced and compassionate advisors will:

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Yip the dishes.



Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Please visit www.calgarywildlife.org for more information.



MEMORIES TO LAST A LIFETIME



Create a lasting memory and acknowledge life's major events by purchasing a Heritage Park Memory Bench, Picnic Table, or symbolically adopting a Park Garden. A lasting way to celebrate a special occasion, mark an achievement, or remember a loved one.

**Contact Jim Heaton for more information
jheaton@heritagepark.ca**



HeritagePark.ca   

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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

CKE HALL PROGRAM CONTACTS

Hopscotch Before and After School Care, also offering KinderCare

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

Nicole Kowalchuk
nicoleleonayoga@gmail.com

The Dance Compound Inc.

Kelsea Fitzpatrick
Dance and fitness classes for ages 9 months to adult! All skill levels welcome. September registration now open.
thedancecompound@gmail.com
403-540-7294

Banzai Karate Club

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

HIGH Fitness

info@highfitness.com
Reach out for more information.

Counterpoint Dance

Royal Academy of Dance certified dance educator,
Emily Crebbin
www.counterpointdance.com
Counterpoint is pleased to offer an intense and vibrant array of dance classes designed to develop and challenge every young artist. We train our students with passion, love, and support! September registration now open.

NorGlen Gymnastics

norglenrgclub@gmail.com
www.norglen.ca
Offers weekly recreational classes for ages 5 to adult. With over 40 years of operations, NorGlen has a long history of providing excellent gymnastics instruction and has strong community ties.

Calgary Young People's Theater

admin@cyp.t.ca

Run. Jump. LEAD

Natalie Swanson
run.jump.lead@gmail.com
403-828-0886
www.runjumplead.com
Calling all girls ages 7 to 12. Combining components in leadership and physical activity, we get girls moving with multi-sport activities in a fun, inclusive environment. September registration now open.

Young Rembrandts - Art Classes

Angela Ewanchuk
403-457-3729
angela.ewanchuk@youngrembrandts.com

Alberta Perinatal Wellness Centre

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

Ballet and Bubbles

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

To View Additional CKE Content

INCLUDING

- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and More...

SCAN HERE



You can email the board at
ckecommunity@gmail.com or visit us at
www.ckecommunity.com

CKE COMMUNITY ASSOCIATION BOARD

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Vice President	Elyse Dalla-Longa	ckevicepresident@gmail.com
Treasurer	Glen Haslhofer	treasurercke@gmail.com
Secretary	Zonita Haggis	secretarycke@gmail.com
Communication Co-Director	Leigh Gibney	communicationcke@gmail.com
Communication Co-Director	Deb Esayenko	communicationcke@gmail.com
Membership Director	Don McArthur	ckemembership@gmail.com
Community Garden Director	Harry Schaepmeyer	communitygardencke@gmail.com
Interim Planning Director	Jessica Kopitar	planningcke@gmail.com
Social Director	Suzanne Brown	
Recreation Director	Robyn Messer	
Director of Facilities	Vacant	facilitycke@gmail.com

LOCAL CONTACTS

CKE Hall Rental		CKEhallrental@gmail.com 403-764-9614
CKE News (editorial)	Vacant	CKEcommunity@gmail.com
CKE News (ads)	Great News Media	403-720-0762
Brownies/Guides	Anne Bennett	403-255-3883
Cubs/Scouts	Crystal Botterill	403-454-9644
Heritage Community Soccer		CKEHeritageSoccer@gmail.com
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	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 and ad inquiries to sales@greatnewsmedia.ca.

Thank You

Thank you to Roxanne Hughes for executing such a fantastic Christmas market in December. It was enjoyed by everyone who attended!

CKE Community Garden

While winter continues, and spring seems very far away, the time is perfect for learning more about the practice of gardening with the intention of making the coming growing season as successful as possible.

More and more, gardeners are becoming aware that what goes on below the ground - the quality of our soil - plays a crucial role in successful cultivation of plants. In 2020, a film was released that takes the concept of healthy soil to a global level. Narrated and featuring Woody Harrelson, *Kiss the Ground* reveals that by regenerating the world's soils, we can stabilize Earth's climate, restore lost ecosystems, and create abundant food supplies.

In the hopes of spreading the word about the importance of soil health, The CKE Community Garden Committee is hosting a free viewing of this film. Join your fellow community members and gardeners on Friday, January 20, at 7:00 pm in the CKE community hall for what promises to be a thought-provoking evening. Plus, there will be popcorn! Please visit www.ckecommunity.com to register, so that we can plan appropriately.

Happy gardening!

Program Interest

We are looking for community members interested in running community programs out of our hall!

- Movie Nights
- Games Nights
- Bridge
- Book Club
- Knitting/Sewing Club
- Senior's Tea
- Gym Nights
- Mom & Tots
- Trivia Nights

Have another idea for an event/program? We want to hear about it! Contact ckecommunity@gmail.com to discuss programming opportunities!

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CKE Community Hall Parking Lot, Saturday January 14th
Between the hours of 9am and noon
1015-73 Avenue SW

Questions? Call 403.852.1623



**Saturday,
January 14th
9am until Noon**

Thank you for
supporting our
community.

YOUR CITY OF CALGARY

Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.



9 PM ROUTINE



CALGARY
POLICE
SERVICE

☒ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
November	22	1	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
February	22	1	3	\$784,900	\$780,000
January	22	2	1	\$745,000	\$739,000
December	21	0	0	\$0	\$0

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
November	22	0	0	\$0	\$0
October	22	0	0	\$0	\$0
September	22	0	0	\$0	\$0
August	22	0	1	\$0	\$1
July	22	1	0	\$1	\$0
June	22	0	1	\$0	\$1
May	22	1	0	\$1	\$0
April	22	0	0	\$0	\$0
March	22	1	0	\$1	\$0
February	22	0	0	\$0	\$0
January	22	0	0	\$0	\$0
December	21	0	0	\$0	\$0

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