

MAY 2023

DELIVERED MONTHLY TO 2,845 HOUSEHOLDS

# CKE NEWS

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

**AGM**  
**JUNE 15, 7:00 PM**  
**CKE COMMUNITY HALL GYM**



**SOUTHERN**  
**LAWN CARE**

A DIVISION OF RAINBOW LANDSCAPES LTD.  
SERVING CALGARIANS SINCE 1984

**WEEKLY LAWN CARE**

Book your **FREE ESTIMATE** online

**WWW.SOUTHERNLAWNCARE.CA**

**(403)252-4343**

[www.ckecommunity.com](http://www.ckecommunity.com)

Great News Media

| Call 403-720-0762 for advertising opportunities

| [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)

# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

info@officialplumbingheating.ca  
official-plumbing-heating.ca

I am a CKE resident!

Your trusted professional  
**REALTOR®**

Thinking about buying,  
selling or investing?  
**Tali** and her team  
would love to help!

**KOWALL**  
Boutique Real Estate

**exp**  
REALTY



[www.kboutiquere.com](http://www.kboutiquere.com)

[tali@kboutiquere.com](mailto:tali@kboutiquere.com)

**403.630.8422**

 [@kowallcalgaryrealtors](https://www.youtube.com/@kowallcalgaryrealtors)

Enjoy the personal service your neighbours have been experiencing for over 50 years

Call 403-255-7781 or visit [www.young-haggis.com](http://www.young-haggis.com) for a free online quote



home



business



auto



**Young & Haggis**  
Insurance Services Ltd.

FAMILY OWNED & OPERATED BY  
CKE RESIDENTS SINCE 1964

Let our family take care of yours



## Your Patio Furniture Superstore!

**YETI** **Wicker Land Patio** **weber**

TRAERGER **BBQ LAND** RATANA **Modern Patio**

Located Three Blocks East of Chinook Mall  
6125 Centre Street S, (403) 258-2506  
WickerLand.ca

Proudly owned in *Calgary* serving Calgary businesses



**CALL 403.279.5554**

109 - 10836 24th Street SE

*Calgary*  
Mat & Linen Services



**MATS**  
Commercial mat rentals and purchases



**HOSPITALITY SERVICES**  
Linens for tables, chairs, and napkins. Laundry and pressing services



**WORKWEAR**  
Workwear and cleaning of uniforms and coveralls



**CLEANING**  
One-stop service for cleaning supplies and paper products

[calgarymatandlinen.com](http://calgarymatandlinen.com)

## CKE Community Bottle Drive

Bottles piling up in your garage? We can help!

Drop off your recyclables  
Bottles, cans, milk and juice containers

**CKE Community Hall Parking Lot, Saturday, July 22, 2023**  
**Between the hours of 9AM and noon**  
**1015-73 Avenue SW**

Questions? Call 403-852-1623



**Saturday, July 22, 2023**  
**9 AM until Noon**

Thank you for supporting our community!

# CKE COMMUNITY DIRECTORY

You can email the board at [ckecommunity@gmail.com](mailto:ckecommunity@gmail.com) or visit us at [www.ckecommunity.com](http://www.ckecommunity.com)

## 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>
Communication Co-Director	Leigh Gibney	<a href="mailto:communicationcke@gmail.com">communicationcke@gmail.com</a>
Communication Co-Director	Vacant	<a href="mailto:communicationcke@gmail.com">communicationcke@gmail.com</a>
Membership Director	Don McArthur	<a href="mailto:ckemembership@gmail.com">ckemembership@gmail.com</a>
Community Garden Director	Harry Schaepsmeier	<a href="mailto:communitygardencke@gmail.com">communitygardencke@gmail.com</a>
Interim Planning Director	Jessica Kopitar	<a href="mailto:planningcke@gmail.com">planningcke@gmail.com</a>
Social Director	Suzanne Brown	<a href="mailto:socialcke@gmail.com">socialcke@gmail.com</a>
Recreation Director	Robyn Messer	<a href="mailto:recreationcke@gmail.com">recreationcke@gmail.com</a>
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>
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		<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



As I write this message in mid-April, we are finally seeing some warmer weather, and it's starting to feel like spring!

I hope you all had a great spring break, and you were able to spend some time with your families! The CKE Easter party was a great success. Thank you to Suzanne Brown for organizing and to

all our volunteers who put on such an amazing event! I hope you were able to make it out. Our next event is the Spring Market on Saturday, May 13, check the website for more info.

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.

Also, it's around this time that our Tennis and Pickleball courts open for the season. If you would like to get access to our amazing courts, please check out our website at [www.ckecommunity.com](http://www.ckecommunity.com).

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



## Planning Director Update

On April 5, the Infrastructure and Planning Committee of Council, including Councillor Kourtney Penner, voted in favour of recommending approval of the Heritage Local Area Plan to City Council. Only Councillors Dan McLean and Andre Chabot voted against the motion. Council will now consider the Plan at a Public Hearing on June 20. Thanks to everyone that either sent in a letter or made a presentation to the Committee. It is important to have our voices heard.



**JUNE 17  
2023**

**CKE NEIGHBOUR  
DAY PARTY**

**GAMES  
FOOD  
FUN**

CKE COMMUNITY CENTER

**SAVE  
THE  
DATE**

## Coffee and Tea Social for Seniors

**Thursday, May 18 at 10:30 am in the CKE Community Hall Gym**

Whether you are a “senior,” can’t admit to being a senior, or love to hang with seniors, come spend an hour with us over a warm beverage getting to know your neighbours. Our first social will start the summer off right.

It is true seniors include men and women. Also true, a social is a place to feel welcome and have fun. Please join us and bring a friend.



**NEW BOARD OPENING!**

## Co-Communications & Newsletter Director





**SEND INQUIRIES TO:**  
[ckecommunity@gmail.com](mailto:ckecommunity@gmail.com)

*Fresh & New*

# CKE Spring MARKET

**Saturday  
May 13th  
10am - 4pm**

*Gifts for Mom*

- CKE Community Hall
- Indoor/Outdoor
- Wellness, Skin Care, Gifts, and More

## CKE HALL PROGRAM CONTACTS

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

Jennifer Sprau and Tammy Quast  
hopscotchbasc@gmail.com  
403-890-8233

Summer care is now open for registration.

### **RCCG Amazing Grace Assembly**

Pastor Segun 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  
Reach out to Sarah for more information.

### **Nicole Leona Yoga**

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

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

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

### **Banzai Karate Club**

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

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

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

### **Counter Point 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!

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

Camp and Class Manager: Zoë Arthur  
admin@cypt.ca  
587-392-5832  
www.cypt.ca  
CYPT is so excited to be offering our beloved Act 4 class at CKE for youth in grades 5 and 6, as well as our Teen Improv class for youth in grades 7 to 12. For more information about classes and registration, visit cypt.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 of leadership and physical activity, we get girls moving with multi-sport activities in a fun, inclusive environment.

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

Classes are designed for self-identified girls ages 7 to 12 and moms/other significant female role models. All levels are welcome.

### **Alberta Perinatal Wellness Centre**

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

### **Ballet and Bubbles**

Cori Ann Archer  
Mnm4Fitfun@gmail.com  
Kids Dance exploration Program Ages 4 to 6.  
Please email for more info.

### **Power Hour Fitness**

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

### **Hiit YYC**

Limor Luzon  
hityyc@gmail.com  
Strength training for all levels.  
Please email for more info.

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 Board room), 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

April showers bring May flowers – so the saying goes. Here in Calgary, it feels like a stretch, but there are many early blooming plants such as Prairie Crocus and Hepatica, and micro-bulbs such as Siberian Squill and Crocus that will happily flower in May.

Flowers exist in the world of edible plants as well. In some cases, we eat those flowers – squash blooms come to mind. Although all parts of the broccoli plant are edible (don't throw away those stems!), the focus is on the green florets mounding at the top, which are in fact undeveloped flower buds.

In some instances, the presence of flowers means plants have bolted. Crops like rhubarb, lettuce, chard, and radish are great examples. Bolting occurs when the plant is more mature and the temperatures have increased, leading to edible portions with a bitter taste. Bolting can be avoided by planting early to ensure cooler conditions, and by choosing cultivars known to be slow to bolt.

For other edibles, the flowers are what give rise to the fruit which is what we hope to harvest. Examples include peas, beans, tomatoes, as well as tree and bush fruit such as currants, cherries, and apples. Not all flowers will appear in May, but they all play a role in our edible gardens.

To see examples of all these crops, why not stop by the CKE Community Garden!

Happy Gardening!

**YOU WON'T UNDERSTAND THE  
POWER OF A COMMUNITY  
...UNTIL YOU'RE A PART OF ONE!**

**Please purchase your  
membership online or mail in  
the enclosed form.**

## 2023 CKE MEMBERSHIP DRIVE

[ckecommunity.com/membership](http://ckecommunity.com/membership)



## CKE Membership Form

Family Name \_\_\_\_\_

Street Address \_\_\_\_\_

Postal Code \_\_\_\_\_

Email Address \_\_\_\_\_

☐ Family (\$40)

☐ Senior 60+ (\$25)

☐ Please check this box if you would like to receive our  
CKE E-Newsletter



**Make Cheque  
Payable to:**

**CKE Community Association and  
drop in mailbox at:**

**1015 – 73 Ave SW, Calgary,  
AB, T2V 0R9**



# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ [len@lentwong.com](mailto:len@lentwong.com) 🌐 [calgaryhomesearch.com](http://calgaryhomesearch.com) 🌐 [calgaryluxuryhomesearch.com](http://calgaryluxuryhomesearch.com)

\*Guarantee is being offered by Greater Property Group. Terms and Conditions apply.

## CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
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

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

## EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
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

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



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**CHINOOK PARK | EAGLE RIDGE | KELVIN GROVE MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**BASEMENT WINDOWS R-US:** New or larger window openings – includes complete install. Digging, concrete cutting, material/dirt hauled away. Member of the BBB. Available 24/7. Call 403-201-0317 or 403-660-0612.

**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](http://www.communitymediation.ca), 403-269-2707.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.



**SHARE**  
your favorite  
recipes with us!

EMAIL:  
[CKECOMMUNITY@GMAIL.COM](mailto:CKECOMMUNITY@GMAIL.COM)

www.kilbco.com

## CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

**SEALED**

**UNSEALED**

**KILBCO**  
CONCRETE CURBING

Locally Owned &  
Operated

**Free Estimates to 403.870.0737**



# SAVE A BUNCH OF CASH

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
anita@anitamortgage.ca

Licensed by Avenue Financial

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.

**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**CHINOOK  
PARK**



**KELVIN  
GROVE**



**EAGLE  
RIDGE**



**How to BEE a Community Scientist**  
Help us document the different pollinators in Calgary!

- 1 Go to **inaturalist.ca** or download the app.
- 2 Take 2 clear photos of an insect and 1-2 photos of the plant/flower that it is visiting.
- 3 Upload your photos to iNaturalist and add your insect observations to the Calgary Pollinators Project.



✉ sustain@ucalgary.ca  
📷 @dollecology

## Joke of the Month

What do you call a little  
bear with no teeth?

A gummy bear.



LEN T WONG + ASSOCIATES



## KELVIN GROVE COMMUNITY REAL ESTATE ACTIVITY

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our  
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lentwong.com](mailto:len@lentwong.com)**

\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
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

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

ASTONMORRONE  
DESIGNS INC.

# Custom Residential Home Design

Specializing in bespoke residential projects, AstonMorrone Designs Inc. prides itself on bringing each of our unique client's visions to life. No matter what project we are designing, we always aim to make an impact.

☎ (403) 830-6492

✉ [info@astonmorronedesigns.com](mailto:info@astonmorronedesigns.com)

📍 #208 - 908 17th Avenue SW, Calgary, AB

