

NOVEMBER 2024

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# CKE NEWS

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

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Terms and Conditions Apply.

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 24	7	4	\$1,337,495	\$1,312,495
August 24	5	3	\$420,000	\$419,500
July 24	2	3	\$299,800	\$300,000
June 24	2	4	\$274,450	\$256,000
May 24	8	4	\$729,950	\$742,500
April 24	2	2	\$744,350	\$746,900
March 24	3	3	\$1,325,000	\$1,200,000
February 24	2	1	\$1,400,000	\$1,355,000
January 24	0	0	\$0	\$0
December 23	1	0	\$0	\$0
November 23	2	4	\$564,450	\$561,000
October 23	1	1	\$320,000	\$315,000

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

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Donate to our Happy Hullidays campaign today!

Happy Hullidays!

**Hull** SERVICES

# 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	Glen Haslhofer	ckepresident@gmail.com
Vice President	Zonita Haggis	ckevicepresident@gmail.com
Treasurer	Matthew Watt	treasurercke@gmail.com
Secretary	Jim MacLean	jamac01@telus.net
Communications Director	Jessica Kopitar	communicationcke@gmail.com
Membership Director	Debra McArthur	ckemembership@gmail.com
Community Garden Director	Harry Schaepsmeier	communitygardencke@gmail.com
Planning Director	Doug McNeill	planningcke@gmail.com
Social Director	Suzanne Brown	socialcke@gmail.com
Recreation Director	Vacant	recreationcke@gmail.com
Director at Large	Lance Titchkosky	
Director at Large	Rodney Smith	rodney.andrew.smith@gmail.com

## LOCAL CONTACTS

CKE Hall Rental	Jennifer Sherstabetoff	CKEhallrental@gmail.com 403-764-9614
CKE News (editorial)	Vacant	CKEcommunity@gmail.com
CKE News (ads)	Great News Media	403-720-0762
Girl Guides	Guider	any-calgarytalltrees@girlguides.ca
Cubs/Scouts	Crystal Botterill	403-454-9644
Heritage Community Soccer	Vacant	CKEHeritageSoccer@gmail.com
Softball	Sonny Vallieres	403-238-0847
Football	Rob Perry	403-251-6556
Police Service Community Liaison	Cst. Michael Colbert	403-428-6641
Neighbourhood Partnership Coordinator	Christa Zaharychuk	587-572-9292
Police Service at HWW	Cst. Michael Colbert	403-428-6641
Councillor, 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).

**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.

**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**

# Calling All Christmas Elves!

Please reach out via email at [ckecommunitymarket@gmail.com](mailto:ckecommunitymarket@gmail.com) or connect with us on Instagram @ckemarket.

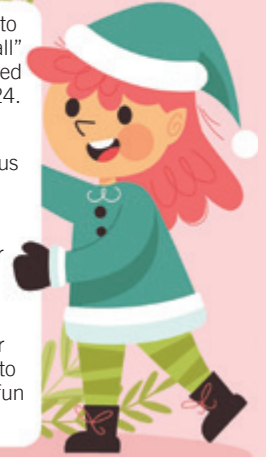


We are already looking ahead to our Third Annual "Deck the Hall" CKE Christmas Market, proposed for Saturday, December 7, 2024.

We are seeking enthusiastic community members for various roles to form a Christmas Market Committee.

Past attendees know that our market is festive and fun for all ages!

And the best way to keep our markets going and growing is to join in and help. It is so much fun you will be happy you did it!




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Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## 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

### **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.

### **Banzai Karate Club**

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

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

Camp and Class Manager: Zoë Arthur  
admin@cyppt.ca | 587-392-5832  
www.cyppt.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 cyppt.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

### **Power Hour Fitness**

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

### **Futsal Calgary**

Michelle Holmes  
For more info email hello@futsalcalgary.ca

### **Triple Meg Indoor soccer**

Visit [www.triplemeg.com](http://www.triplemeg.com) for more information.

### **Rebound Fitness**

Please reach out for more information  
Elisa Choi  
403-875-0198

### **Prostate Cancer Support and Awareness Group**

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Richard Kaechele  
program.director@prostaidd.org  
[www.prostaidd.org/](http://www.prostaidd.org/)

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would love to have you! With our four different rooms  
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our facility coordinator at [CKEhallrental@gmail.com](mailto:CKEhallrental@gmail.com) for  
more information.

## 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 centres 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, lilacs 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 in November!



## Coffee and Tea Social for Seniors

**Thursday, November 28 at 10:30 am**

Whether you are a “senior” or 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.

Fourth Thursday of every month, 10:30 am at the CKE Community Hall Gym.

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.



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# Carolyn's Corner: Lights and Limbs - Lighting Up Your Landscape Trees

by TJ Yurko of Carolyn's Crew

As the vibrant colours of the day yield to the enchanting darkness of night, many seek to enjoy their outdoor spaces with the wonder of lights. Illuminating the natural wonders in your yard can create a captivating atmosphere for festive gatherings and cozy evenings. If you're eager to transform your yard into a magical haven, these enlightening ideas explain how to highlight your trees this season.

## Lighting Selection

Opt for durable, weather-resistant fixtures designed for outdoor use. LED lights are a popular choice due to their energy efficiency, long lifespan, and minimal heat output. These lights not only save on electricity, but also reduce the risk of fire hazards.

## Lighting Techniques and Effects

Showcase the tree's natural beauty using different lighting techniques and effects:

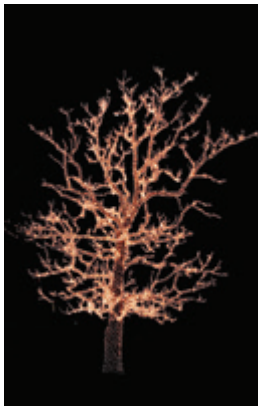
- Uplighting creates dynamic, bold effects.
- Downlighting casts a softer glow.
- Cross-lighting accents trees as a focal point.
- String lights showcase tree architecture.

Additionally, special effects like fades, waves, and sparkles add complexity, dimension, and charm.

## Lighting Installation

Before installation, inspect the tree for structural integrity and health. Regularly monitor trees for signs of stress and selectively thin, overgrown canopies to create optimal air circulation and cabling routes.

When installing string lights, start at the base of the tree and loosely wrap lights around the trunk and limbs. Avoid weak or dead branches, and refrain from attaching fixtures directly into the tree; use hooks, loops, brackets, or netting for non-invasive installation.



## Lighting Maintenance

- Adjust fixtures as the trunk, branches, and roots grow.
- Clean light fixtures to remove dirt and debris.
- Inspect fixtures regularly for signs of wear and damage.
- Replace faulty components to mitigate electrical hazards.
- Replace bulbs to maintain consistent lighting.

If you need help glowing up your landscape this season, don't hesitate – contact a professional today!



## RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.



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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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## Float Like a Butterfly

The female Queen Alexandra's birdwing, the largest butterfly in the world, boasts a stunning wingspan of 25 to 30 centimetres! These magnificent butterflies make their home in the lush rainforests of Oro Province in Papua New Guinea. Talk about a tropical treasure!

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## CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 24	6	4	\$887,450	\$882,500
August 24	1	1	\$724,900	\$731,700
July 24	1	3	\$875,000	\$848,500
June 24	3	1	\$850,000	\$890,000
May 24	4	4	\$749,500	\$765,000
April 24	3	2	\$874,950	\$950,000
March 24	2	2	\$1,197,500	\$1,190,500
February 24	1	2	\$774,900	\$810,055
January 24	1	4	\$674,900	\$694,750
December 23	2	0	\$0	\$0
November 23	1	1	\$149,900	\$155,000
October 23	1	2	\$201,000	\$207,000

## EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 24	0	0	\$0	\$0
August 24	1	1	\$4,750,000	\$4,650,000
July 24	0	1	\$2,899,950	\$2,725,000
June 24	1	0	\$0	\$0
May 24	0	0	\$0	\$0
April 24	0	0	\$0	\$0
March 24	0	0	\$0	\$0
February 24	0	0	\$0	\$0
January 24	0	1	\$1,698,000	\$1,665,000
December 23	0	1	\$1,595,000	\$1,500,000
November 23	0	0	\$0	\$0
October 23	1	0	\$0	\$0

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

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

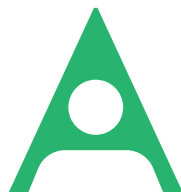


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