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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 or visit us at www.ckecommunity.com

This board listing does not reflect changes made at our June AGM. Please check back next month for updated information.

CKE COMMUNITY ASSOCIATION BOARD

President	Daniel Kowall	ckepresident@gmail.com
Vice President	Elysse 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	Vacant	communicationcke@gmail.com
Membership Director	Don McArthur	ckemembership@gmail.com
Community Garden Director	Harry Schaepsmeier	communitygardencke@gmail.com
Interim Planning Director	Jessica Kopitar	planningcke@gmail.com
Social Director	Suzanne Brown	socialcke@gmail.com
Recreation Director	Robyn Messer	recreationcke@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
Brownies/Guides	Anne Bennett	403-255-3883
Cubs/Scouts	Crystal Botterill	403-454-9644
Heritage Community Soccer	Robyn Messer	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	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 and ad inquiries to sales@greatnewsmedia.ca.

PRESIDENT'S MESSAGE



Happy July!

As I write this message in mid June, we are well underway in summer already, and I hope you are all having a great time! June was an awesome month; we had our Neighbour Day on June 17. Thank you for everyone who came out and thank you to Suzanne Brown and the rest of the volunteers for coordinating such a great event!

As I write this message, it is a few days before our CKE AGM. I hope that those of you who were able to attend were able to get some great information from the meeting. Thank you to everyone who volunteered and participated. It was great to see you all.

Happy Stampede! Have a great fun and safe Stampede everyone and enjoy the great weather!

A monthly 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 if this interests you.

Here are some things to do around the community this month:

- 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.

Coffee and Tea Social for Seniors

Join us for an informal get together on Thursday, July 27 at 10:30 am in the CKE community hall gym.





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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
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

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

GAMES & PUZZLES



Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE
QR CODE
FOR THE
ANSWERS!



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 for more information.

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ckecommunity.com/membership



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Email Address _____

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AB, T2V 0R9**



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CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
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

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
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
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

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

BUSINESS CLASSIFIEDS

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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; 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 | 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.

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, 403-714-0711.

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.

BRAIN GAMES

SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

SCAN THE QR CODE FOR THE SOLUTION

The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!



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PARK**



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GROVE**



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RIDGE**



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RESIDENT PERSPECTIVES

Stargazing with Pat J: Indoor Astronomy

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



If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Orion nebula: through two panes of glass



Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

Sun spots



Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.

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