## CKENEWS

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1 in 6 Canadian children struggle with low literacy. For many who don't overcome their early literacy struggles, they continue to struggle throughout their lives.

At the Further Education Society, we provide free programs across Calgary for families to build their literacy skills together. Through rhymes, songs, and stories, children learn about language. Families are given literacy kits filled with books and fun activities to continue learning at home. Developing early literacy skills creates the foundation for children's success in school and beyond.

Give kids the power to read: furthered.ca/give-now









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#### **Luxurious Diamond Stud Earrings**

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#### www.fleetwoodjewellery.com

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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.

#### 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



### **CKE Membership Form**

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## Coffee and Tea Social for Seniors

#### Thursday, August 22 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.





#### **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 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

#### **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 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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We support warriors (cancer survivors), wives, partners, and caregivers. All our meetings are free.

Richard Kaechele

program. director @prostaid.org

www.prostaid.org/

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.

## **CKE Community Garden August Update**

Gardening cannot be done according to a calendar. We've all been told that the season truly begins after the May long weekend, but that can be quite arbitrary. Some plants and seeds certainly prefer being planted once the weather and soil has warmed up, but that doesn't always happen according to Victoria Day.

It's far more important to be watching the weather and monitoring the soil moisture and temperatures. This season, many seeds planted early were challenged by cool and wet conditions. A few mornings in June were close to two degrees! Spotty germination may have created a need for repeat or additional seeding. The last frost frequently occurs after the last full moon in May which can be another good indicator of when it's safe to plant those vegetables and herbs that cannot survive frost.

Some years we may have complained about cooler rainy weather in late June. But this year with water restrictions in place, it made all the difference to our flower gardens, as well as our vegetable patches. The lesson in this case was recognizing the importance of collecting rainwater! Luckily when the heat started, water was once again available, and things started to grow in leaps and bounds.

While the calendar can be a good guide to when to carry out certain garden tasks including planting, the only thing we can count on is the unpredictability of the weather, and the need for us to be prepared, and flexible.

Check out the crops that are flourishing in the CKE Community Garden.

Happy Gardening!

# SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE CHINOOK KELVIN EAGLE PARK GROVE RIDGE O O O O O

#### **GAMES & PUZZLES**

#### **Guess The Drink!**

- 1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
- 2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
- 3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
- 4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
- 5. This sparkling wine is named after the region from which it is produced.
- 6. This caffeinated energy drink from Austria "gives you wings".





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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.

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.

PAINTER SERVICING CHINOOK PARK | EAGLE RIDGE | KELVIN GROVE: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

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BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

CAPSTONE ENGINEERING ACADEMY: Fnroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: www.capstoneacad.ca.

continued on next page

## BUSINESS CLASSIFIEDS continued

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**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**THE GREAT ATTENDERS DOWNSIZING/ DECLUTTERING SERVICE:** You may know us from our home watch services that we have been providing for over 6 years; but did you know The Great Attenders can help you declutter and/or downsize too! Contact us for a complimentary personal home visit at 1-844-3ATTEND (844-328-8363) or info@greatattenders.com.

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403-714-0711 gutterdoctor.ca

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#### CHINOOK PARK COMMUNITY EAGLE RIDGE COMMUNITY **REAL ESTATE ACTIVITY**

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	3	1	\$850,000	\$890,000
May	24	5	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
September	23	4	2	\$749,900	\$765,000
August	23	1	3	\$188,000	\$201,000
July	23	7	3	\$635,000	\$600,000

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

## **REAL ESTATE ACTIVITY**

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
September	23	1	0	\$0	\$0
August	23	0	0	\$0	\$0
July	23	2	0	\$0	\$0

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





## **KELVIN GROVE COMMUNITY REAL ESTATE ACTIVITY**

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	3	4	\$274,450	\$256,000
May	24	9	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
September	23	2	1	\$219,000	\$205,000
August	23	2	2	\$229,950	\$250,000
July	23	5	6	\$327,400	\$322,450

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

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