

FEBRUARY 2024

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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
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	6	3	\$635,000	\$600,000
June 23	1	1	\$934,500	\$965,500
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

EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
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
June 23	1	1	\$1,799,900	\$1,800,000
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

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

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

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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	Glen Haslhofer	ckevicepresident@gmail.com
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Recreation Director	Vacant	recreationcke@gmail.com
Director at Large	Lance Titchkosky	
Director at Large	Jim MacLean	jamac01@telus.net
Director at Large	Rodney Smith	rodney.andrew.smith@gmail.com

LOCAL CONTACTS

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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	Vacant	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
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 and ad inquiries to sales@greatnewsmedia.ca.

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CKE Community Garden Update

Winter was slow to arrive this year, but when it did it hit with a vengeance! Regardless of its ferocity, winter brings magic to the garden that is not visible at other times of the year. Once considered good practice to raze our gardens to the ground in the fall keeping things ultra neat and tidy, the current trend is towards a more relaxed approach that favours visual interest and aesthetic appeal.

The easiest way to create interest in winter is by using evergreen trees and shrubs. Needle and cone bearing plants such as pines, spruce, junipers, and fir keep their foliage all winter long, in a variety of textures and colours. With or without snow delicately frosting their branches, they help to make up for the lack of other plant material. Woody plants that lose their leaves still provide interesting structure, and in some cases – like dogwoods – colourful bark that stands out against winter white and shoulder-season drabness. Evergreen perennials including grasses such as blue fescue and blue oat grass, and flowering plants like Bergenia may be covered by a blanket of snow at times, but as it melts, they are revealed to showcase foliage in full colour.

Perennials that die to the ground each year, may still have structure that can withstand winter weather. Grasses like Karl Foerster feather reed grass stand strong against wind and snow. Echinacea and yarrow collect snow on their seed heads, while architectural plants like Russian sage and Joe Pye weed add vertical interest.

Besides providing visual relief in a long Calgary winter, leaving plant material standing provides valuable habitat and food for local wildlife species. Now is a great time to look around your neighbourhood for inspiration and ideas from gardens that appear as good in the winter as they do through the growing season. Stay tuned for new workshops and tours organized by the Community Garden this season!

Happy Gardening!



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CKE HALL PROGRAM CONTACTS

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Jennifer Sprau and Tammy Quast
hopscotchbasc@gmail.com | 403-890-8233
Summer care is now open for registration.

RCCG Amazing Grace Assembly

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info@rccgaga.ca | 587-717-2521
Every Sunday

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Sarah Arcuri
sarah.arcuri@shaw.ca | 403-703-7751
Reach out to Sarah for more information.

Nicole Leona Yoga

Nicole Kowalchuk
nicoleleonayoga@gmail.com

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Chris Walker
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Richard Kaechele
program.director@prostaidd.org
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Crustless Spinach Quiche

by *Melanie Ksienski, registered dietitian and Kelvin Grove Resident*

If you are looking for a fast-to-make dinner or brunch dish, this recipe is for you! It takes five minutes to prepare and can be made in one bowl!

Ingredients:

- 1 package frozen chopped spinach, defrosted
- 500-gram container of cottage cheese (2 cups)
- 1 cup milk
- 1 cup flour (can sub 1 cup gluten free flour or potato starch to make this gluten free)
- 2 cups grated cheese (cheddar, mozzarella or whatever's your favourite!)
- 6 eggs
- ½ tsp of Mrs. Dash or no salt seasoning

Method:

1. Preheat oven to 350 degrees Fahrenheit.
2. Spray a 9 x 13 baking dish or pie plate with non-stick cooking spray.
3. Mix all ingredients together in a large bowl.
4. Pour into prepared baking dish and bake for 45 to 60 minutes until slightly golden brown on top.

What Do I Love About This Crustless Quiche Recipe?

- It is fast to make! Seriously, you can prepare this recipe in five minutes. While it takes 45 minutes to cook, I can be doing something else during that time such as cleaning up the kitchen, organizing, answering emails, etc.
- You can enjoy this recipe as a quiche or cook this recipe in muffin tins for quiche-muffins, which are great for packing lunches, as well as grab and go meals and snacks.
- You can prepare this quiche and freeze it.
- You can substitute other cooked vegetables in place for the spinach.
- This recipe works for dinner, but also would be an excellent breakfast, brunch, or lunch.



BRAIN
GAMES

SUDOKU

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

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City Zoning Changes

Many of you have read or otherwise heard about the City's contemplated change to zoning whereby all residential areas of Calgary would be re-zoned on a blanket basis to R-CG zoning. The City's Council will hold a Public Hearing on the proposal on April 22 (stay tuned for more details).

If implemented across Calgary, this change to zoning means that row-houses, townhouses, multi-unit residences, single detached or semi-detached buildings could be built in CKE without you, your neighbours or our Community Association having any say, as long as the development were compliant with other City requirements respecting such matters as setbacks and height.

This would allow for a much greater level of densification on individual lots in CKE than contemplated in the Heritage Local Area Plan that was approved by the City in 2023. Under the Heritage Local Area Plan, the most typical contemplated level of densification within CKE allowed for two-unit development, with the possibility of secondary suites. The R-CG re-zoning, on the other hand, could easily allow eight units on the typical 50b lot, for which two units and two secondary suites may have been permitted under the Heritage Local Area Plan, with higher density permitted on larger lots. See this City link about R-CG zoning: www.calgary.ca/planning/projects/rezoning-for-housing.html for more details.

This potential rezoning could have a significant potential impact on CKE, so the CKE Community Association Board will be seeking feedback from residents in the near future in order to finalize our position on this proposal.

Stay tuned for more information from us in due course about this matter. If you haven't already done so, you might wish to sign up for the electronic version of the CKE Community Newsletter to enhance access to interim updates from your Board outside the print schedule for the paper copy of the CKE Community Newsletter. You can sign up for this directly from the CKE Community website at ckecommunity.com and clicking on "Newsletter Sign-up" on the top of the page and providing your email address.

The proposal for blanket re-zoning also seems likely to receive significant media attention in the period leading up to the Public Hearing. This will offer another source of information for you as you formulate your own opinions about the pros and cons of this far-reaching potential change to zoning.

Doug McNeill

Planning Director

Fun Fact - 2024 Shares a Calendar with 1996!

One interesting quirk of the Gregorian calendar is that during intervals that do not contain any century common years (such as 1800, 1900, and 2100), the calendar repeats every 28 years, during which 29 February will fall on each of the seven days of the week once and only once. If you look back at a calendar from 1996, you'll notice it matches 2024 exactly!



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July 23	5	6	\$327,400	\$322,450
June 23	5	4	\$1,086,950	\$1,062,500
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

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