

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



www.ckecommunity.com

# YOUR HOME SOLD **GUARANTEED!**\*

Call to find out more about our Innovative Consumer Programs







Call or Text 🕓 403-606-8888 🔻 len@lentwong.com 🔮 calgaryhomesearch.com 🗳 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 November 23 1 \$149.900 \$155,000 **October** 23 1 2 \$201.000 \$207,000 September 23 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 2 1 \$839,500 \$821,500 **February** 23 0 1 \$725,000 \$697,000 **January** 23 1 1 \$775,000 \$700,000 December 22 0 \$665.000 \$650,000

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	
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 \$1,905,0		
March	23	1	0	\$0 \$0		
February	23	0	0	\$0 \$0		
January	23	1	0	\$0 \$0		
December	22	0	0	\$0 \$0		

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

# CALGARY MAT & LINEN SERVICES

403.279.5554 calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

#### **Mat Rentals & Purchases**

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



## Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

#### **Linen Cleaning Services**

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



#### **Workwear Cleaning Services & Supplies:**

- · Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies





**VISIT OUR WEBSITE** 



**CONTACT US** 







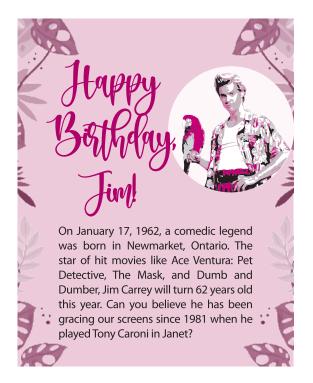


You can email the board at ckecommunity@gmail.com or visit us at www.ckecommunity.com

CKE COMMUNITY	ASSOCIATION BO	ARD					
President	Daniel Kowall	ckepresident@gmail.com					
Vice President	Glen Haslhofer	ckevicepresident@gmail.com					
Treasurer	Matthew Watt	treasurercke@gmail.com					
Secretary	Zonita Haggis	secretarycke@gmail.com					
Communications	Jessica Kopitar	communicationcke@gmail.com					
Director	Jessica Kopitai	communicationeke@gman.com					
Membership Director	Debra McArthur	ckemembership@gmail.com					
Community Garden Director	Harry Schaepsmeyer	communitygardencke@gmail.com					
Planning Director	Doug McNeill	planningcke@gmail.com					
Social Director	Suzanne Brown	socialcke@gmail.com					
Recreation Director	Robyn Messer	recreationcke@gmail.com					
Director at Large	Lance Titchkosky						
Director at Large	Jim MacLean						
Director at Large	Rodney Smith						
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	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	Cst. Jake Tyerman	403-253-2261					
HWW		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.



### 

**Say Cheese? Or Maybe Not...**Back in the 1840s, instead of saying "cheese," folks

opted for "prunes" during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say "prunes" to maintain a more composed expression. This practice, predating the modern "fish face" selfie, harks back a good 180 years.

**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.

### **CKE Community Garden**

While it may seem impossible to garden in the winter, pruning is one task that can be successfully carried out this time of year. Pruning woody plant material while it is dormant reduces stress and conserves the plant's energy for spring growth. For trees and shrubs that lose their leaves it is much easier to see the shape and condition of the bare branches.

Any pruning should start with the three Ds – dead, damage, and diseased wood. Prune these out first, while also looking for branches that are rubbing or crossing. Then stand back and look at the shape of the plant. When pruning for aesthetics, the rule of thumb is not to take more than a third of the remaining healthy plant material. Pruning for size should be kept to a minimum. Ideally, woody plants are chosen, located, and spaced according to their mature size.

Evergreen trees and shrubs can be pruned anytime of the year, but there are some exceptions for flowering woody plants. Early bloomers plants such as double flowering plum, lilacs, crab-apples, and chokecherries form flower buds in the previous season. These will be removed by winter pruning, and flowering will be reduced. Prune directly after flowering for maximum blooms. Birch trees have a heavy sap flow in the spring and pruning should be avoided, making winter dormant pruning perfect for birch trees and shrubs.

Elm trees are subject to a pruning ban between April 1 and September 30 each year in an effort to prevent the spread of Dutch Elm Disease. Elm bark beetles (vectors of the disease) are active during this time and may be attracted to the scent of fresh tree cuts. Prune elm trees only between October 1 and March 31. Another great candidate for winter pruning.

NOW ACCEPTING NEW MEMBERS.

JUNIOR AND SENIOR CHOIRS, GRADES 3 TO 5 AND 6 TO 12

EXCEPTIONAL DIRECTORS, FRIENDLY ENVIRONMENT

WWW.westsideconcertchoir.com

Jean Czaja | 403-271-7925

Winter is also the perfect time for learning more about gardening and sustainability with like-minded neighbours! Join us for our annual CKE Community Garden Movie Night! We'll be at the CKE Hall on Friday, January 19 for a showing of *A Simpler Way*, a documentary that follows a community in Australia who came together to explore and demonstrate a simpler way to live in response to global crises. The movie will start at 7:00 pm so please arrive a few minutes early. Wine and snacks will be served, and donations accepted. Please feel free to bring any leftover Christmas treats you might still have at home! Members of our community and registered guests are welcome.

Happy Gardening!





#### **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 info.

#### **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

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 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









# **KELVIN GROVE COMMUNITY REAL ESTATE ACTIVITY**

#### **Properties Median Price Listed Sold** Listed Sold November 23 3 \$564,450 \$561,000 October 23 1 \$320,000 \$315,000 September 23 2 \$219.000 \$205,000 August 23 2 \$229.950 \$250,000 July 23 5 \$327,400 \$322,450 June 23 5 \$1,086,950 \$1.062.500 23 Mav 7 \$533,000 \$540.750 April 23 2 \$1,049,900 \$1,030,000 March 23 \$0 \$0 **February** 23 1 \$0 \$0 January 23 \$199,900 \$187,000 December 22 \$185,000 \$187,000

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

# 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

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

# **BUSINESS CLASSIFIEDS**

For business classified ad rates contact Great News Media at 403-720-0762 or 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; 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 FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**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.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**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.

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 Gavin for a free estimate at 403-390-0036. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

**YOUR HANDYMAN:** All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

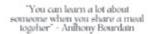
**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at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

AGING-IN-PLACE AND HOME MODIFICATION CONSULTING: Have a registered occupational therapist visit your home to help develop a plan to maximize your safety and independence. We offer home modification assessments, equipment prescription, falls prevention guidance and in-home physical and cognitive rehabilitation. Call Lauren at 403-276-6828, visit www.ot2u.ca or email info@ot2u.ca.





Submit your recipe to be shared on the CKE Newsletter and Social Media!



CKECOMMUNITY@GMAIL.COM

BRAIN GAMES				SUDOKU				
		8			1			
	5						1	
9			5		2		7	
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	



# No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.













#### **OUR OZONE PROCESS**

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with — this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT 403-726-9301 calgaryfreshjock.com

SCAN THE QR CODE

FOR THE SOLUTION







INSPIRED SENIOR LIVING WITH Verv



## INSPIRED SENIOR LIVING IN CLIFF BUNGALOW-MISSION

RIVERWALK IS THE ONLY PREMIUM RETIREMENT RESIDENCE WITH CUSTOMIZABLE SUPPORT WHEN YOU NEED IT.

INDEPENDENT LIVING

ASSISTED LIVING

MEMORY CARE LIFESTYLES

BOOK YOUR TOUR TODAY (403) 271-7244

528 - 25<sup>TH</sup> AVE SW

riverwalkretirement.com



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

Call 403-255-7781 or visit www.young-haggis.com for a free online quote





FAMILY OWNED & OPERATED BY CKE RESIDENTS SINCE 1964

Let our family take care of yours



