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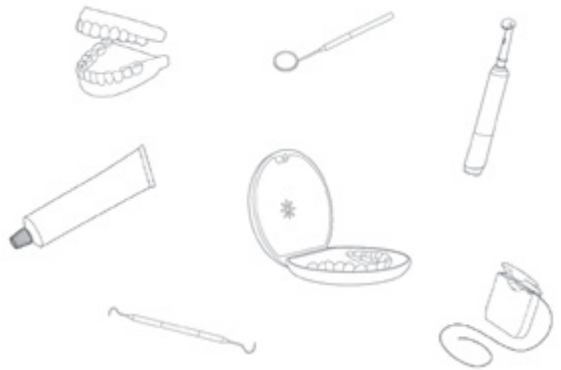
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CKE News is the official newsletter of Chinook Park, Kelvin Grove, Eagle Ridge community association and distributed free to all residents and businesses 12 issues per year. Circulation is approximately 3000 issues monthly.

Submissions: Please direct editorial inquiries to ckecommunity@gmail.com and ad inquiries to sales@greatnewsmedia.ca.

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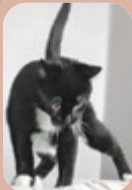
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Thursday, June 27 at 10:30 am

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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.

Join us at the CKE Hall

COFFEE AND TEA



SOCIAL FOR SENIORS

June 27th at 10:30am

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Joke of the Month

What do you get from a pampered cow?
Spoiled milk.



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CHINOOK PARK	KELVIN GROVE	EAGLE RIDGE
		

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Every Sunday

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One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

Directions:

- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.
- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.


- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!



Father's Day

Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?





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CKE Community Garden June Update

Rhubarb is one of the earliest crops we can harvest in the spring, and can be great when used in pies, cakes, in chutney or even salad dressing. We learned lots more about cooking rhubarb at our workshop with local home economist and cookbook author Sylvia Kong!

This hardy perennial comes back each year, and just keeps on giving. Ultimately reaching one meter in diameter, be sure to give new plants lots of space. Plant rhubarb in full sun in well-drained and nutrient rich soils. They are heavy feeders, so add compost to the soil every year or so.

The species name is *Rheum rhabarbarum* but we mostly grow hybrids (*Rheum x hybridum*). If you are purchasing a plant from the garden centre, there may be several varieties to choose from, but most of us have inherited a plant that has been in the garden for years or have replanted a chunk received from a friend or neighbour. Rhubarb plants can be split every five to six years if desired.

Technically rhubarb is a vegetable. Fruits are the plant parts that contain seeds, while the part of the rhubarb plant we eat is the petiole – the stem that connects the leaf to the crown. The leaves contain high levels of oxalic acid and should not be consumed. But contrary to commonly held beliefs, they are absolutely fine to go into our compost piles. The acid is quickly broken down by the soil microbes and is of no risk to plants that may be grown in the compost at a later date.

Rhubarb is an excellent hardy, low maintenance food plant that is easy to grow and is always a good producer. You can see some in the CKE Community Garden.

Happy Gardening!



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
June	23	1	1	\$934,500	\$965,500
May	23	3	3	\$789,000	\$770,000

EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
June	23	1	1	\$1,799,900	\$1,800,000
May	23	0	0	\$0	\$0

To view more detailed information that comprise the above
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To view more detailed information that comprise the above
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Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (*Alberta Building Code).

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



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Be Water-Wise and Create a YardSmart Yard This Spring

by the City of Calgary

As Calgary continues to experience drought conditions, we can all do our part in our yards by using water wisely. The City has a variety of YardSmart online resources and practical advice to help you establish and maintain a yard and garden that uses less water.

YardSmart Water Conservation Tips

- Mow less often to keep your grass five to seven centimetres high to shade the soil.
- Avoid watering when it has rained or if there is rain in the forecast and use a rain barrel to capture and reuse rainwater in your yard.
- Only give plants the water they need.
- Consider replacing portions of your lawn with garden features that use less water and help absorb rainwater such as rock gardens, low water-use shrubs, or groundcover.
- Add rich soil and mulch to reduce evaporation from your soil.

What Kind of Plants Should I Add to My Garden This Year?

Native Wildflowers

The YardSmart native wildflower plant list is a great resource for those who want to expand their yards this year. These beautiful, low-maintenance plants are well-suited to Calgary's current growing conditions and attract local pollinators.

Drought conditions are likely to persist in the coming years. Creating a yard that's fit for Calgary's climate will help it fare better during future droughts.

Visit calgary.ca/YardSmart for more information on how you can do your part to conserve water in your yard and garden. Together we can make every drop count.



Have Your Say on Calgary's Canada Day Celebrations

by the City of Calgary

Every year on July 1, Calgarians and visitors gather downtown for Canada Day. This City of Calgary event is free and family-friendly, featuring Indigenous and cultural performances, live music, activities, art, and more.

Canada Day is for everyone. It's a time to honour the rich traditions of Indigenous history and culture and welcome those who move here from all over the world. We can all be proud to live in a great city and country where people from all walks of life come together on Canada Day to celebrate culture and community.

We want Canada Day celebrations to reflect the many different interests and backgrounds of Calgarians. Whether you attend often or haven't attended for a while, this is your opportunity to tell us what's important to you on Canada Day and what an ideal downtown event looks like.

Have your say today at calgary.ca/CanadaDaySurvey. The deadline to provide your input is July 4, 2024. Feedback collected will be used to shape future Canada Day celebrations in Calgary.





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\$50 for hockey bag full of gear. 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. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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*Guarantee is being offered by Greater Property Group.
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
June	23	5	4	\$1,086,950	\$1,062,500
May	23	7	4	\$533,000	\$540,750

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