

OCTOBER 2024

DELIVERED MONTHLY TO 2,825 HOUSEHOLDS

# CKE NEWS

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

**CKE HALLOWEEN PARTY**  
**OCTOBER 26**  
**5:30 PM**



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[www.ckecommunity.com](http://www.ckecommunity.com)



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## 403-837-4023

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official-plumbing-heating.ca



## Magnificent Jewellery Outstanding Value



### Dazzling Drop Dangle Earrings

- 4.7ct Total Weight - Lab Created Diamonds
- 14K White Gold
- Item Price: **\$8,500**
- Recommended Insurance: \$17,500



### Luxurious Diamond Solitaire Ring

- 3.08ct - Lab Created Diamond
- 14K Yellow Gold & White Gold
- Item Price: **\$3,350**
- Recommended Insurance: \$13,560



### Classic Diamond Stud Earrings

- 4.03ct Total Weight - Lab Created Diamonds
- 14K White Gold
- Item Price: **\$3,600**
- Recommended Insurance: \$14,950

## www.fleetwoodjewellery.com

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403.252.8850

**ALL SALES FINAL**  
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anita@anitamortgage.ca

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# Mmm, Coffee!



October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

## Retirement living, defined by *you*

Discover living options that evolve with you in Calgary's only retirement residence with customizable support. Experience it for yourself at our weekly Social Hour. RSVP to any Friday at 3 pm!



Sign your lease before Dec 31<sup>st</sup> to receive a special move in bonus.

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You can email the board at [ckecommunity@gmail.com](mailto:ckecommunity@gmail.com) or visit us at [www.ckecommunity.com](http://www.ckecommunity.com)

## CKE COMMUNITY ASSOCIATION BOARD

President	Glen Haslhofer	ckepresident@gmail.com
Vice President	Zonita Haggis	ckevicepresident@gmail.com
Treasurer	Matthew Watt	treasurercke@gmail.com
Secretary	Jim MacLean	jamac01@telus.net
Communications Director	Jessica Kopitar	communicationcke@gmail.com
Membership Director	Debra McArthur	ckemembership@gmail.com
Community Garden Director	Harry Schaepsmeier	communitygardencke@gmail.com
Planning Director	Doug McNeill	planningcke@gmail.com
Social Director	Suzanne Brown	socialcke@gmail.com
Recreation Director	Vacant	recreationcke@gmail.com
Director at Large	Lance Titchkosky	
Director at Large	Rodney Smith	rodney.andrew.smith@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
Girl Guides	Guider	any-calgarytalltrees@girlguides.ca
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	Cst. Michael Colbert	403-428-6641
Neighbourhood Partnership Coordinator	Christa Zaharychuk	587-572-9292
Police Service at HWW	Cst. Michael Colbert	403-428-6641
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](mailto:ckecommunity@gmail.com) and ad inquiries to [sales@greatnewsmedia.ca](mailto: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](http://ckecommunity.com/membership)



## 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

**CKE** Make Cheque Payable to:  
**CKE Community Association and drop in mailbox at:**  
 1015 – 73 Ave SW, Calgary, AB, T2V 0R9



## Coffee and Tea Social for Seniors

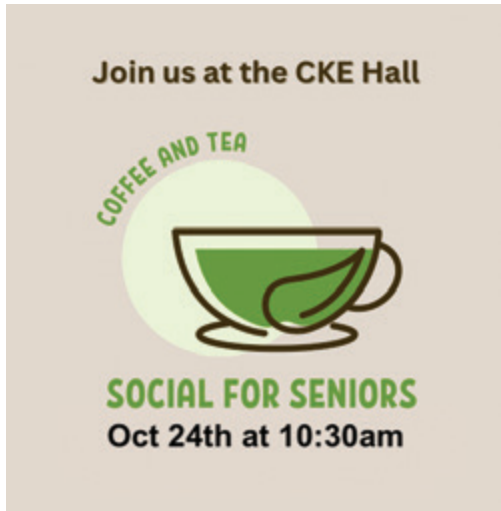
**Thursday, October 24 at 10:30 am**

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.



## Tips For Using Your Green Cart This Fall

*by the City of Calgary Waste and Recycling Services*

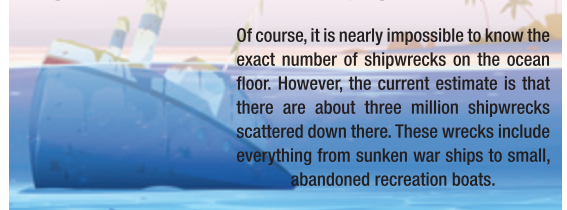
- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit [calgary.ca/collection](http://calgary.ca/collection) to check your schedule and sign up for reminders.



## SHIPWRECKED



Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.



### When You Step Out, WE Step In

**Vacation and Vacant  
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Lynda Binder | Launa Germiquet | Pam Taylor

☎ 1-844-3-ATTEND ✉ [info@greatattenders.com](mailto:info@greatattenders.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

### **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  
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### **Calgary Young People's Theatre - Drama Classes**

Camp and Class Manager: Zoë Arthur  
admin@cyppt.ca | 587-392-5832  
www.cyppt.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 cyppt.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](http://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**

PROSTAIID Calgary  
We support warriors (cancer survivors), wives, partners,  
and caregivers. All our meetings are free.  
Richard Kaechele  
program.director@prostaidd.org  
[www.prostaidd.org/](http://www.prostaidd.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](mailto:CKEhallrental@gmail.com) for  
more information.

# CKE Community Garden

In Calgary, the first frost typically occurs between September 11 and 20. But of course, our seasons are never typical!

Regardless of when it happens, the first frost signals the start of fall cleanup. Anything that is tender will immediately decline, with stems and leaves often turning mushy, and fruit being damaged. Usually, we harvest these crops before the frost - tomatoes, peppers, cucumbers, beans, summer squash, and basil. If you know frost is coming you can cover them with frost cloth to try to get a bit more time in the ground.

Other vegetables can handle frost without flinching. Kale, onions, parsley, spinach, chard, broccoli, beets, cabbage, and carrots can all withstand temperature below zero. It is often said that some vegetables actually taste better after a frost. Why is this the case?

As plants grow, the process of photosynthesis produces starch which is how the plant stores energy. Enzymes then convert starch to sugar. As cold weather approaches, the sugar to starch ratio is increased. The higher concentration of sugar in the cells lowers the temperature at which the cells freeze. Just like putting salt on an icy pathway, the high concentration of molecules prevents ice from forming. This allows plants to survive colder temperatures, and a side benefit for gardeners is the sweeter taste. Just be sure to dig your root veggies up before the ground freezes solid.

The CKE garden will have a fall cleanup event. Why not drop by and check out what our gardeners have produced this year! And stay tuned for fall and winter events.

Happy gardening!

**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.

# BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



## Scary, Spooky. Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

CHINOOK PARK



KELVIN GROVE



EAGLE RIDGE



CKE



# HALLOWEEN PARTY

Oct 26 | 5:30 pm

candy parade  
magic show  
dance party





# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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**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.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**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.

**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.

**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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**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.

**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.



 **the Gutter Doctor** **403-714-0711**  
**gutterdoctor.ca**

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\*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
August	24	1	1	\$724,900	\$731,700
July	24	1	3	\$875,000	\$848,500
June	24	3	1	\$850,000	\$890,000
May	24	4	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

## EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	1	1	\$4,750,000	\$4,650,000
July	24	0	1	\$2,899,950	\$2,725,000
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

To view more detailed information that comprise the above  
MLS averages please visit [chri.mycalgary.com](http://chri.mycalgary.com)

To view more detailed information that comprise the above  
MLS averages please visit [eagl.mycalgary.com](http://eagl.mycalgary.com)

## GAMES & PUZZLES

### Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

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**Email [len@lenthong.com](mailto:len@lenthong.com)**

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	6	3	\$420,000	\$419,500
July	24	2	3	\$299,800	\$300,000
June	24	3	4	\$274,450	\$256,000
May	24	8	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

To view more detailed information that comprise the above  
MLS averages please visit [kevg.mycalgary.com](http://kevg.mycalgary.com)