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CKE NEWS

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



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CKE News (ads)	Great News Media	403-720-0762
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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	Jake Tyerman	403-253-2261
Community Liaison	Robinson	ext. 2143
Neighbourhood Partnership Coordinator	Christa Zaharychuk	587-572-9292
Police Service at HWW	Cst. Jake Tyerman	403-253-2261 ext. 2143
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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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Coffee and Tea Social for Seniors

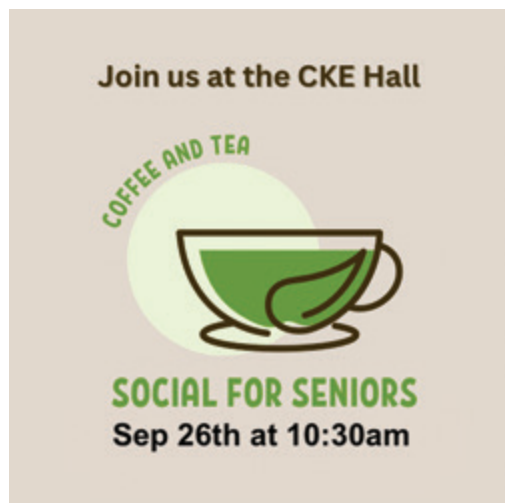
Thursday, September 26 at 10:30 am

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.



YOUR CITY OF CALGARY

Call for Volunteers: Help Plan Calgary's Future for Older Adults!

by the City of Calgary

If you have first-hand insight on living as an older adult or as a caregiver to an older adult, your experience and ideas are needed. Consider volunteering for the Older Adult Advisory Table (OAAT). Your expertise will be used to inform strategies and actions for the Age-Friendly Calgary Steering Committee, action teams and staff.

Your Role as a Volunteer

- Inform and support strategic and action planning of the Seniors Age-Friendly Strategy in an advisory capacity.
- Provide the perspective of older adults to help make Calgary more age friendly.
- Share ideas and perspectives from your personal networks or social groups with OAAT.
- Bring OAAT ideas and perspectives back to your personal networks or social groups.
- Share information about Age-Friendly Calgary with people you know and support the vision of Age-Friendly Calgary.

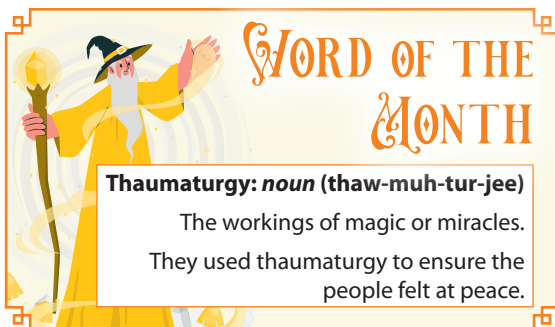
Requirements

- Aged 45 or over.
- Live in Calgary.
- Passionate about your community.
- Understand older adults' needs now or in the future/ have experience as a caregiver.
- Feel comfortable to share and to provide feedback in a group setting.
- Commit to take part in monthly meetings and a two-year term.

Benefits

- Have your voice heard; help shape City programs and services.
- Make connections and broaden your network.
- Build and expand your skills.

Deadline for online applications is Wednesday, September 11. For more information visit calgary.ca/OAAT.



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
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Banzai Karate Club

Chris Walker
banzaikaratedojo@gmail.com
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run.jump.lead@gmail.com | 403-828-0886
www.runjumplead.com
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www.albertaperinatal.com

Power Hour Fitness

Jacqueline McKendry
powerfit22@gmail.com
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Futsal Calgary

Michelle Holmes
For more info email hello@futsalcalgary.ca

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Rebound Fitness

Please reach out for more information
Elisa Choi
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CKE Community Garden September Update

While veggie gardens emerge in the spring, flourish in summer, fade away in the fall and disappear underground for the winter, the trees in our landscapes remain standing. They provide structure and shade, habitat for wildlife, and seasonal interest through their flowers, fruit, and foliage. And while they change throughout the year, their presence is always felt.

In the fall, broadleaved trees undergo dramatic transformation with the loss of their leaves. These discarded leaves are a valuable commodity for gardeners. If you are building a compost pile using greens from your vegetable patch clean-up, leaves can be used as layers of browns in between. They can be used as mulch on flower and veggie beds, preventing the ground from losing valuable moisture, and providing habitat for over-wintering insects. For both these purposes, its best to use lighter textured, crispier leaves that will crumble and decompose easily – birch leaves are perfect. Tougher leaves like poplar can tend to mat in wet layers, inhibiting necessary air flow.

Many trees can be pruned in the winter after their leaves are gone. It's much easier to see the structure and shape when the branches are bare. And in fact, elm trees can only be pruned between October 1 and March 31, in order to avoid the spread of Dutch Elm Disease.

Consider trees as part of your garden ecosystem and use them to your advantage. They are incredibly important elements of a diverse landscape. If water restrictions allow, it's a great idea to water them in well for the winter. You can also direct down spouts towards the drip line of your trees to take advantage of natural precipitation.

You can see examples of fall clean-up, composting, and mulching at the CKE Community Garden.

Happy gardening!



Cats, Canines, & Critters of Calgary



Lake and London, *Cranston*



Theo and Rupert, *Bankview*



Thor and Loki, *Shawnessy*



Tiger and Lily, *Evanston*

To have your pet featured, email news@mycalgary.com

Smile More: Simple Habits for More Happiness

by Calgary and area Primary Care Networks

If you are looking for ways to boost your happiness, there's reason to smile. Research shows simple habits can help you improve your mental and physical health, energy levels, and even reduce pain.

Daily Mindfulness

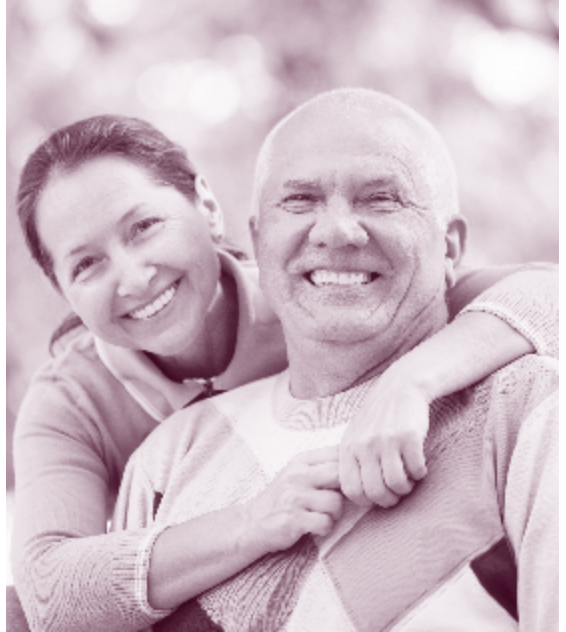
Being mindful involves focusing your thoughts on the present moment. Taking a few short breaks each day to practice mindfulness can lower stress and make you feel happier.

"Mindfulness can be as simple as going for a walk. Try to breathe slowly and pay attention to your five senses – for example, notice the sun on your face or the sound of your feet on the pavement. Being aware of the present moment is a great way to check-in with how you're feeling," says Tracy Mullen Primary Care Network Health Management Nurse.

Focus on the Positives

Happiness research looks at ten positive emotions – joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love. Studies show we need more positive emotions to balance negatives.

"Doing positive activities, like volunteering or spending time with friends and family, can help us tip the emotional scale from negative to positive and make us feel happier," says Mullen.



Get Moving

Being physically active can improve your mood, energy levels, and overall well-being. Try to make time every day for movement you enjoy. Activities like gardening, yoga, or taking a short walk are great ways to be active.

Learn Happiness Habits

Alberta Primary Care Networks offer a free 'Happiness Basics' workshop where you can learn strategies to be happier. Sign up to attend online or in-person at www.albertapcns.ca. You can also talk to your family doctor about your mental health.

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

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PARK



KELVIN
GROVE



EAGLE
RIDGE



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Calling All Christmas Elves!



We are already looking ahead to our Third Annual “Deck the Hall” CKE Christmas Market, proposed for Saturday, December 7, 2024.

We are seeking enthusiastic community members for various roles to form a Christmas Market Committee.

Past attendees know that our market is festive and fun for all ages!

And the best way to keep our markets going and growing is to join in and help. It is so much fun you will be happy you did it!

Please reach out via email at ckemarket@gmail.com or connect with us on Instagram @ckemarket.

Navigating Your Mortgage Renewal with Confidence

by Arefa Kachwala, CFA



As your mortgage renewal date approaches, it's a perfect time to reassess your financial situation and explore options to enhance your financial well-being. Here are key tips to make the most of your mortgage renewal:

Shop Around for Rates and Offers

Don't settle for the first renewal offer. Compare rates and cash back offers from different lenders. A bit of homework could save you money over the term of your mortgage.

Review Terms and Conditions

Carefully review the renewal terms, including interest rates and amortization periods. Ensure they align with your long-term financial goals to avoid surprises.

Assess Your Financial Situation

Take this opportunity to evaluate your overall financial health. Review all debts, such as credit cards and personal loans, and consider debt consolidation. Combining high interest debts into your mortgage could simplify payments and reduce interest costs.

Consider Penalties for Mid-Term Changes

Life is unpredictable, and you may need to change your mortgage mid-term. Review the penalties for breaking your mortgage early to make informed decisions and avoid financial pitfalls.

Optimize Your Mortgage for Faster Payoff

If your goal is to pay off your mortgage faster, consider:

- **Making Lump-Sum Payments:** Apply any bonuses or tax refunds as lump-sum payments.
- **Increasing Monthly Payments:** Adding \$100 monthly can save thousands in interest and shorten your mortgage term. For example, on a \$400,000, 25-year mortgage at 4.5% interest, this could reduce your mortgage period by around 22 months and reduce total interest paid by \$23,500.
- **Bi-Weekly Payments:** Switching to accelerated bi-weekly payments results in an extra payment each year, reducing your mortgage term.

Evaluate Cash Flow and Savings Goals

Assess how your cash flow aligns with your financial goals. Optimize spending and saving strategies. Consult a qualified financial advisor to identify opportunities to increase your net worth and ensure your mortgage renewal supports your broader strategy.

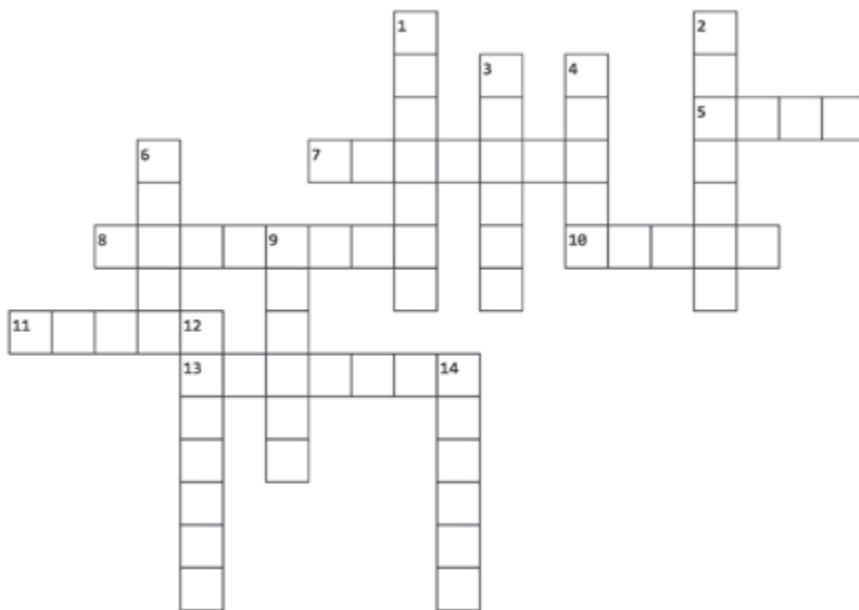
Know Your Options

Being informed about your options - whether switching lenders, adjusting terms, or exploring different mortgage types - empowers you to make the best financial decisions.

Key Takeaways:

1. Shop around for rates and offers.
2. Optimize for faster payoff.
3. Review your overall financial goals and consult with a financial professional.

September Crossword



Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

SAFE AND SOUND

Back-to-School Safety

from Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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- ☒ Coveralls
- ☒ Microfibre Cloths
- ☒ Dish Rags

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- ☒ Scraper
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Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.



Bon Appétit!

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CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
August	23	1	3	\$188,000	\$201,000

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
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
August	23	0	0	\$0	\$0

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

Bike Safety for Everyone

by Alberta Health Services

Biking can be a great way to get around and to keep fit. To ride safely though, good balance, control, strength, and judgement are key tools to remember each time you get on your bike.

Here are some important safety tips to lower the risk of injuries while biking:

- Obey the same rules when you ride on the road as you do when you drive a car. This includes riding on the right side of the road so you're going in the same direction as traffic and stopping at all intersections.
- Look behind you (shoulder check) each time you turn or move out to pass.
- Learn and use hand signals.
- Look left, right, and left again before going ahead.
- Watch the road for hazards like debris, grates, or holes.
- Be extra careful in wet or cold weather that could affect the road conditions or how well you can see.
- Watch for people walking, animals, and others on bicycles when you ride in shared spaces like bike paths or trails.
- Plan your route and choose the safest way to your destination.
- Ensure your bike fits you correctly. Adjust the seat to fit your height. Ensure your bicycle is working properly and do an ABC quick check before every ride: A for air (make sure the tires are firm), B is for brakes, bar, and bell (check your brake levers are working, handlebars are at the right height, and test your bell.)

Do You Have Protective Gear?

Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle. Here are some things to consider when selecting a helmet and ensuring you will be well protected on your bike:

- Make sure your bike helmet meets current, approved helmet safety standards. Look for a CSA, Snell, or ASTM sticker to know if the helmet is approved.
- Take the Bike Helmet YES Test to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace your helmet every five years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.



- Set a good example for children by wearing your bike helmet.
- Let your child choose their own bike helmet because they'll be more likely to wear it.

Other protective gear includes things like a bell or horn for your bike, gloves for a better grip on the handlebars, proper supportive shoes, reflective tape, reflectors, and lights so it's easier to see you at night. Reflectors should be on the front, back, and spokes of the bicycle. Wear bright clothing during the day so it's easier for other people to see you on your bike.

Staying Safe While Riding with Children

Children can often ride a bicycle before they understand how to be safe. Children aren't ready to ride alone until they understand road safety rules, know how to signal, and know how to avoid major risks. When riding bicycles, young children should always:

- Ride with an adult.
- Ride in a single line behind an adult who knows how to ride safely.
- Use hand signals.
- Get off their bicycles to cross the street.

Most children have the skills they need to ride on the road alone at ten-years-old. But every child is different, so supervise actively. Stay where you can see, hear, and reach them, and pay close attention to what they're doing. Lead by example and show children how to be safe. Teach them the safety rules and make sure they follow them.



**MLA Calgary-Glenmore
Nagwan Al-Guneid**

#311A - 2525 Woodview Drive SW,
Calgary AB, T2W 4N4

📞 403-216-5421

✉️ Calgary.glenmore@assembly.ab.ca

It has been over a year since the 2023 election and since having the privilege of being the MLA of Calgary-Glenmore. I have met many of you at the doors and at community events across the riding – from Lakeview Family Day to Stampede events at Oakridge, Woodcreek, and Braeside to the JCC Sports Dinner to the Celebration of Multiculturalism at Glenmore Park to the Calgary Dragon Boat Festival.

I am grateful to Ward 11 and 13 Trustee Nancy Close who facilitated my visit to all Calgary Board of Education schools in the riding. I learned from our wonderful educators about the complexity in the classrooms. I also enjoyed a Latke Lunch at the Calgary Jewish Academy and toured Connect Charter school and met many of you at my first townhall at CKE community hall in January. I have had hundreds of conversations and learned so much from all of you.

We will continue to listen and represent you at the Alberta Legislative Assembly. The Calgary-Glenmore office is here to help you navigate provincial services, respond to notary requests within our provision, and address concerns related to provincial issues. I always welcome attending your local events and meeting more constituents so do not hesitate to invite us.

I look forward to seeing you at the family-friendly Calgary-Glenmore Bike-A-Palooza on Sept 22, 10:00am to noon at Heritage Park. Bring your friends and children and bike or walk with us along the pathway. Enjoy refreshments and enter to win prizes like an annual family pass to Heritage Park or passes to the Calgary Zoo and Glenmore Sailing Club. Please contact our office to sign up.

See you soon!

Nagwan Al-Guneid

MLA, Calgary-Glenmore

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		Listed	Sold	Listed	Sold
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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

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

Calgary



23-0028016 ADV-19641

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- Set your carts out no earlier than 5 a.m., and no later than 7 a.m. on collection day.
- Put your carts away after collection, no later than 7 p.m.
- Store your carts inside a garage or other secure enclosure.

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