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CKE NEWS

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



CKE AGM
THURSDAY, JUNE 12
AT THE CKE HALL



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		Listed	Sold	Listed	Sold
April	25	5	1	\$999,900	\$1,050,000
March	25	1	4	\$314,750	\$310,600
February	25	4	1	\$900,000	\$900,000
January	25	3	4	\$1,212,000	\$1,168,750
December	24	0	4	\$1,824,950	\$1,774,134
November	24	7	0	\$0	\$0
October	24	0	4	\$362,000	\$349,750
September	24	4	4	\$1,337,495	\$1,312,495
August	24	5	3	\$420,000	\$419,500
July	24	2	3	\$299,800	\$300,000
June	24	2	4	\$274,450	\$256,000
May	24	8	4	\$729,950	\$742,500

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LOCAL CONTACTS

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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 3,000 issues monthly.

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

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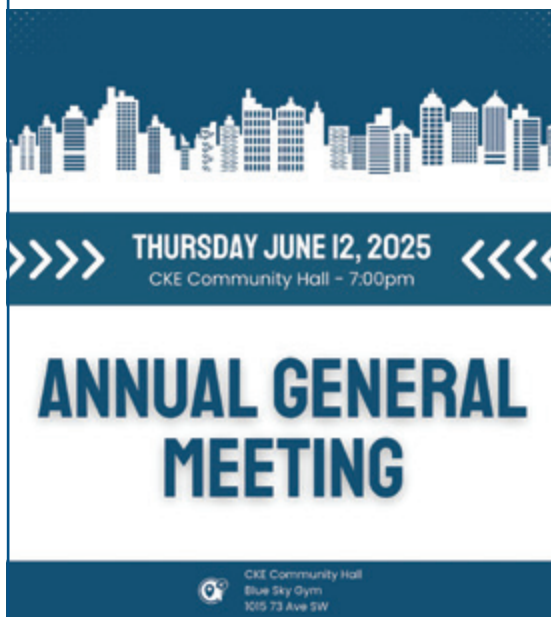
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Annual General Meeting

Thursday, June 12, 7:00 pm at the CKE Community Hall.

Further to the email notice provided previously to members of the CKE Community Association, this is a reminder that our Annual General Meeting is on June 12 in the CKE Community Hall, beginning at 7:00 pm. We hope that you are able to join us to hear an update on what has transpired over the last year, for the election of the Board of Directors for the upcoming year, to review our audited financial statements and to have the opportunity to visit with your Board and neighbours.



THURSDAY JUNE 12, 2025
CKE Community Hall - 7:00pm

ANNUAL GENERAL MEETING

CKE Community Hall
Blue Sky Gym
1015 73 Ave SW



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CKE Community Garden

Vegetable gardening can be incredibly enjoyable and rewarding. Spending time outside tending crops, enjoying fresh produce straight from the garden, and—as is the case in the CKE Community Garden—interacting with fellow gardeners. But it also comes with its challenges, dealing with the vagaries of weather and the impacts of pests and diseases.

At our spring cleanup this year we had a presentation by local garden celeb and author Janet Melrose, who recommended the use of floating row cover as one way to deal with common gardening issues. Sometimes called 'Reemay', it is a light, semi-transparent spun-bonded or woven material made out of plastic, polyester, or polypropylene. When laid over newly planted crops, it helps to retain heat and protect from light frost while still allowing light and precipitation through. It also helps protect from birds and squirrels that might dig up seeds.

The row cover can be used throughout the growing season if desired, you just need to find a way to support it above the maturing crops. Floating row cover does a great job of protecting crops from hail and wind, and deterring theft. It can be especially helpful when growing crops like broccoli, cauliflower, and cabbage that are susceptible to cabbage worms. If you have a crop that requires pollination you will need to either remove the cloth for a period of time, or hand pollinate.

Floating row cover can be found in rolls of various widths and weight. Very light weight cloth may be inexpensive but will likely only last for a single season. Some of the gardeners in the CKE Community Garden have been using a heavier weight cloth for several years with great success. Why not drop by and check it out!

Happy Gardening!

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Stop Apologizing Already

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."



c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."

Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



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by L.P. B&B, 2018, 2019, 2020

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Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water



Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!



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We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon
The saying goes inside the staff rooms
Most teachers' tanks are running empty
Low fuel within, they're all teached out

Ignition sequence slowly starting
Young astronauts awaiting lift off
Dreaming, gazing out the windows
The students now in countdown mode

Long year it was for sharpened minds
10 months of grinding education
The pencils short, good patience shorter
Toss learning's shavings to the wind

Yes, summer's here, it's time to fly
Fold lesson plans like paper airplanes
Let's rocket launch to outer space
New frontiers bold beyond the schoolyard

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Deep down it's true we're all the same
We dream in June of summer breezes
That blow the cares of school away



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Register to Vote in Calgary's General Election in October

by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can check if they are registered, update their information or add themselves to the Permanent Electors Register until August 1, 2025.



Visit www.voterlink.ab.ca or call Elections Alberta toll free at 310-0000 then dial 780-427-7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (October 6 to 11) or on Election Day (October 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at www.electionscalgary.ca.

Farm Stands Across Calgary Are Coming to a Neighbourhood Near You This Spring!

by The City of Calgary



Since 2017, The City has partnered with local and regional farms to offer Calgarians more options for fresh and local food through The Farm Stand Program. This program supports nine incredible farmers and vendors with over 30 farm stands to bring more fresh fruit, vegetables, and artisanal products to more Calgary communities.

Beyond increasing accessibility for Calgarians to purchase healthy, fresh and local food, the Farm Stand Program supports local and regional growers by creating more places for them to sell their produce.

When you shop at a farm stand, you get to participate in your food shopping in a new and personal way. You can ask questions about how your food was grown, get recipe ideas, get to know your farmer, connect with your neighbours and keep your dollars spent in the local economy. You also help to build a stronger local food system, which keeps us all stronger when we face various disruptions to our food systems, such as a pandemic, fuel price increases, or political instability.

Launch dates for each farm stand vary throughout May to June and most of the stands run weekly for two to five hours. We encourage all Calgarians to stop by your local farm stand, grab some delicious seasonal produce, chat with a farmer and learn more about where your food comes from.

To learn more about the program, or find a location near you, visit calgary.ca/localfood.

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A Father's Day promotional graphic featuring a central white circle with the text 'HAPPY Father's DAY' and a blue mustache. Surrounding the circle are various Father's Day-themed items: a black top hat, a pair of black-rimmed glasses, a blue and white striped tie, and a yellow 'DAD' tag. The background is light blue with white confetti and streamers.

A square QR code located in the bottom right corner of the Father's Day promotional graphic.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	5	3	\$1,275,000	\$1,300,000
March	25	2	1	\$785,000	\$865,000
February	25	0	0	\$0	\$0
January	25	0	0	\$0	\$0
December	24	0	0	\$0	\$0
November	24	0	0	\$0	\$0
October	24	2	2	\$599,950	\$574,500
September	24	5	4	\$887,450	\$882,500
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

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
April	25	1	0	\$0	\$0
March	25	1	0	\$0	\$0
February	25	0	0	\$0	\$0
January	25	0	0	\$0	\$0
December	24	0	0	\$0	\$0
November	24	1	0	\$0	\$0
October	24	1	0	\$0	\$0
September	24	0	0	\$0	\$0
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

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