

MARCH 2025

DELIVERED MONTHLY TO 2,825 HOUSEHOLDS

CKE NEWS

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

SENIORS TEA AT CKE HALL MARCH 27



Bart, Heritage Park



THE SELKIRK



Come enjoy a taste of history with delicious food at The Selkirk! With a menu inspired by local heritage, every meal is a celebration of history and flavour.

This season, we're excited to offer a special menu inspired by our new travelling exhibit, *Bison*, blending culinary creativity with stories of the past. For the complete experience, visit Gasoline Alley Museum and the Bison Exhibit.

Discover, explore, and enjoy a memorable meal—your next adventure starts here!

heritagepark.ca/the-selkirk

www.ckecommunity.com

BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



Retirement living, defined by *you*.

Experience Calgary's only retirement residence with fully customizable support for your evolving needs.

JOIN US FOR A MEDITERRANEAN INSPIRED OPEN HOUSE!

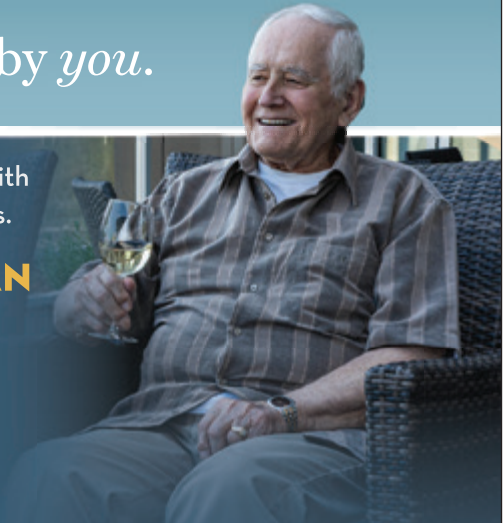
APRIL 5TH FROM 1 - 4 PM

Experience our vibrant community while savouring Mediterranean flavours, connecting with our team, and exploring all that Riverwalk has to offer.

RSVP TODAY BY CALLING (403) 271-7244

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

RIVERWALK
RETIREMENT RESIDENCE





LEN T WONG + ASSOCIATES



KELVIN GROVE COMMUNITY REAL ESTATE ACTIVITY

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.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	25	3	4	\$1,212,000	\$1,168,750
December	24	0	4	\$1,824,950	\$1,774,134
November	24	6	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
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

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

CKE COMMUNITY DIRECTORY

You can email the board at ckecommunity@gmail.com or visit us at 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 3,000 issues monthly.

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



Buy or renew your annual CKE membership online at ckecommunity.com

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

CKE Community Garden

If you are thinking about growing any of your vegetable crop from seed this year, now is the time to get organized! Seeds are relatively inexpensive, and most will keep several years if stored properly. And the range of varieties available is amazing!

Seed packages and other resources will indicate whether a particular crop can be directly seeded early; soon after the ground has thawed and warmed up a bit; or must be delayed until the temperatures have warmed, and the last frost has passed. Many crops grow reliably from seed with no need to purchase or grow transplants. Leafy crops like lettuce, spinach, kale, and chard as well as root crops such as carrots and beets perform well when seeded directly into the ground. This makes it easy to stagger your planting dates, as well as an opportunity to try several different varieties of each crop.

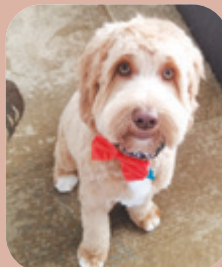
Some crops are best purchased as seedlings from your local garden centre or started indoors at home. For plants that are too tender to handle the chilly spring weather, planting as a transplant when the weather is consistently warm means they get a jump start on their growing season. Examples are warm weather crops like tomatoes, peppers, squash, and most herbs. Crops with a longer time required to reach maturity are also best started indoors, such as cabbage and cauliflower. Even cold hardy plants can be started indoors as a way to extend the growing season and allow for an even more spread-out harvest.

Sifting through seed catalogues, browsing your garden centres and shopping online are great ways to spend some time in March.

Happy Gardening!



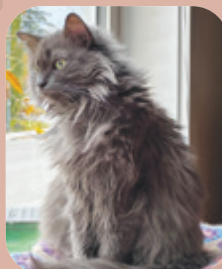
Cats, Canines, & Critters of Calgary



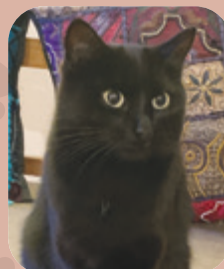
Jax, McKenzie Towne



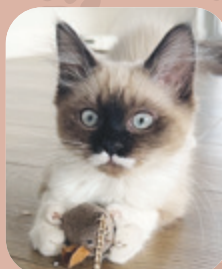
Louie, Panorama Country Hills



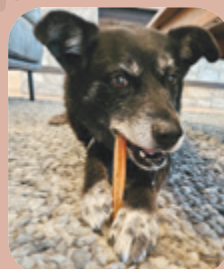
Luna, Marda Loop



Luna, West Hillhurst



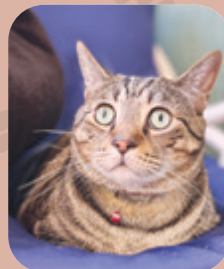
Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

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

Earth Hour 2025

by *The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



BRAIN GAMES SUDOKU

				7			8	
4	3	2	6	8				
	8		4			2	3	
	6		1					
3							5	
				8		2		
	4	1		6		7		
				1	2	9	5	4
9			3					

SCAN THE QR CODE FOR THE SOLUTION



GAMES & PUZZLES

Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word "kujenga" which means "to build".
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



SCAN THE QR CODE FOR THE ANSWERS!



YOUR HOME SOLD GUARANTEED!*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



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
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
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

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
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
April	24	0	0	\$0	\$0
March	24	0	0	\$0	\$0
February	24	0	0	\$0	\$0

To view more detailed information that comprise the above
MLS averages please visit eagl.mycalgary.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
passion, love, and support!

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 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/

Awakening Play: Embracing Conscious Movement as Adults

Join Marylou Gammans Friday evenings in the CKE studio.
Please contact for more details.
marylougammans@gmail.com
403-620-5673

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.



GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Joke of the Month



Which is faster,
hot or cold?

Hot, because you
can catch a cold.

This Canmore Wedding

by *Garth Paul Ukrainetz*

Three Sisters over Canmore
O beautiful the bridesmaids
At the altar in the valley
Where the River Bow does run

Tall groomsmen of Mount Rundle
Rugged handsome chiseled features
Wearing spruce tree green tuxedos
Faces flushed with rising sun

Proud Nakoda poised in middle
His true love will soon make entrance
Yes, at last they'll be united
Grassi tear wells in his eye

Though the bride is slow in coming
Patient bridal party waiting
Heaven knows this Canmore wedding
Stands majestic to the sky



MARCH 27TH
SENIORS TEA



10:30 AT THE
CKE HALL

Preventing Cervical Cancer

by Alberta Health Services

Alberta Health Services (AHS) recommends cervical cancer screening once every three years, or as your healthcare provider recommends, for women and people with a cervix between the ages of 25 and 69 who are or have been sexually active.

A Pap test checks for abnormal cells in your cervix, which can lead to cervical cancer. Pap tests can also check if you already have cervical cancer. The earlier cancer is found, the easier it is to treat. Regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases.

It's important to have regular Pap tests, even if:

- You feel healthy and have no symptoms of cervical cancer.
- You've only had one sexual partner.
- You've had the human papillomavirus (HPV) vaccine.
- You've been through menopause.
- You're no longer sexually active.
- You're a lesbian, bisexual, or queer woman.

Human Papillomavirus (HPV) Immunization

HPV is a virus. It is the most common sexually transmitted infection and can cause genital warts and certain cancers. An HPV infection will often go away on its own. However, some people get a long-term infection. This can lead to cancer of the vagina, vulva, cervix, penis, anus, mouth, or throat. HPV causes almost all cervical cancers.

You can prevent cervical cancer by getting immunized with the HPV-9 vaccine. The HPV-9 vaccine protects against nine strains (types) of HPV. Some of these strains may cause up to 92% of cervical cancers.

Grade six students can get the HPV-9 vaccine as part of the school immunization program. Students can only be immunized in school with a parent or caregiver's permission (consent).

If you did not get the HPV-9 vaccine in Grade six, you can still get it for free up to and including age 26 years. Talk to your doctor to find out if it is a good idea for you. If you are unsure about getting the HPV vaccine for yourself or your child, try the HPV Vaccine Decision Tool.



Other Ways to Reduce Your Risk

Regular cervical cancer screening and vaccination help lower the chances of getting cervical cancer and finding it early. You can also reduce your risk by:

- Quitting commercial tobacco and avoiding second-hand smoke. Talk to your healthcare provider or visit AlbertaQuits.ca for information and support to help you quit when you are ready.
- Practice safer sex. Use a barrier method of protection such as a condom, internal condom, or dental dam.

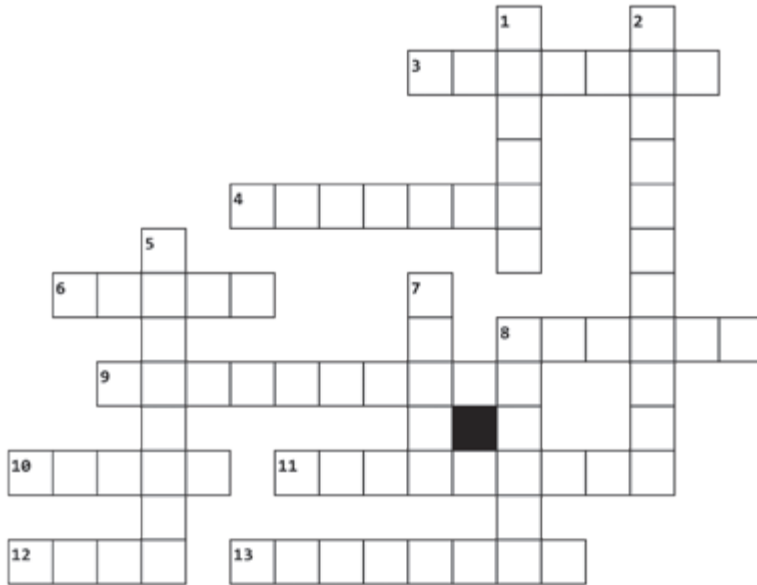
Get Screened and Raise Awareness

Contact your healthcare provider's office or a women's health clinic to book a Pap test. If you do not have a healthcare provider:

- Visit <https://albertafindadoctor.ca/>.
- Use the screeningforlife.ca locator tool and select "cervical" as the type of test to find screening options near you.
- Call Health Link at 8-1-1.

Learn more about cervical cancer at <https://screeningforlife.ca/cervical/>.

March Crossword



Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe _____ in Madison Square Garden.

4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink _____’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March’s birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, _____ O’Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and _____ are the official birth flowers of March.

7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.

8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



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

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.

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.

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.

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.

RELIABLE MASTER ELECTRICIAN: For all your electrical requirements, big or small, call Campbel Sinclair 403-397-7141 for your free quotation.

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.

WHEN WAS THE LAST TIME YOU CHECKED YOUR ATTIC!? Integral Insulation provides residential and commercial loose fill insulation and attic rain repair and prevention. We have insulated hundreds of homes in Calgary; trust the experts with experience and knowledge. Call today for a free quote: Brian 403-669-1102 or Nate 403-978-5553.

HOUSE CLEANERS IN CKE: Highly experienced cleaning ladies looking for more houses to clean in Sundance. We offer excellent, detailed service. Add some luxury to your home, let us clean your space. Satisfaction guaranteed! Ask about our bonus! Text 587-225-4413 or email greatcleaningstar@gmail.com.

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

CHINOOK
PARK



KELVIN
GROVE



EAGLE
RIDGE



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.



Need Mortgage Solutions? We've Got You Covered!

Prime, Alternative, Reverse – We Do It All! Let Us Find Your Perfect Fit Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using **#postyourpurple**



Howdy!
I'm Carolyn

the **Chinook Gardener**

'Calgary's Home Gardener Helper'

403.369.5553
chinookgardener.com

Consult Coach Connect



Word of the Month

Limerence: noun (li-mer-uhns)

A state of mind resulting from romantic feelings for someone.

Amelie experienced limerence for her coworker after they worked the event together.



THE **EDWARD**

An OPTIMA LIVING Community

Golden Era: A Home for Every Era
Come Celebrate The Eras With Us.

OPEN HOUSE April 26, 1-4 PM



3023 16 Street SW, Calgary | edwardliving.com | 403-265-3023 | Independent Living (55+)

We specialize in keeping your home warm and your plumbing running smoothly all season long.

Our Fast, Reliable Services Include:

- **Heating/Ventilation/Air Conditioning Installations, Service & Repairs**
- **Plumbing Services, Water Heater Repair & Replacement**

Call 825-509-3056

www.calaltaplumbingandheating.com



**THIS JOURNEY WILL
CHANGE YOUR LIFE**

HIGH SCHOOL SUMMER CAMP

Start earning credits right after Grade 9!

SESSIONS STARTING IN JULY AND AUGUST

SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE INFORMATION CONTACT US:

Progressive Academy
mountainadventure.school
780-455-8344



FAMILY COUNSELLING CENTRE
GREAT HEIGHTS, CALM MINDS PSYCHOLOGY

- **Child & Teen Counselling**
Emotional Regulation, Divorce, ADHD, Social Skills, Anxiety, Phobias & More
- **Parenting Specialist & Adult Counselling**
Anxiety, Depression, Trauma, Chronic Pain, Gut Issues, Divorce
- **Assessment & Diagnosis for all ages**
ADHD, Anxiety, Autism, Learning Concerns, OCD, Depression



New Clinic at Heritage & Macleod
- Accepting New Clients -
403-879-6245

www.GreatHeightsCalmMinds.com



We direct bill to most insurance companies; provide co-occurring sessions to save time and driving; and no doctor referrals are necessary. Affordable options are available.



Have you ever heard of **MULTIPLE MYELOMA** (commonly referred to as **MYELOMA**)?
Have you (or someone you love) been diagnosed with Myeloma?
The Southern Alberta Myeloma Patient Society (“SAMPS”) is here to help!

Myeloma Facts:

Myeloma is a widely unknown blood cancer affecting the plasma in the bone marrow | Myeloma can cause high calcium levels, bone lesions and fractures, anemia, and kidney and immune system issues | There is no cure at this time | Approximately 3,800 Canadians are newly diagnosed with Myeloma every year.

SAMPS is a non-profit organization dedicated to assisting myeloma patients and advocacy, education, and supporting critical research advancing treatments and working for a cure right here at the University of Calgary Division of Hematology Research Lab and Education Fund.

SAMPS can support people affected by Myeloma by:

Providing free membership to access the SAMPS monthly Outlook newsletter and online resources | Organizing support meetings for patients, their families, and caregivers | Advocate for patient care and drug access | Coordinating educational sessions for patients and caregivers.

If you know someone affected by Myeloma or wish to learn more or become a SAMPS member, please visit www.samps.ca or contact us at info@samps.ca.

 **Young & Haggis**
Insurance Services Ltd.

 Specializing in high value & luxury home insurance
403-255-7781 young-haggis.com