

OCTOBER 2025

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# CKE NEWS

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



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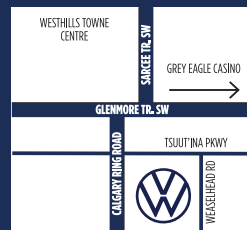
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Cubs/Scouts	Andrea Hall	<a href="mailto:scouterandrea@118scouts.ca">scouterandrea@118scouts.ca</a> 403-837-7103
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Neighbourhood Partnership Coordinator	Christa Zaharychuk	587-572-9292
Police Service 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](mailto:ckecommunity@gmail.com) and ad inquiries to [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca).

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**CKE Community Association and drop in mailbox at:**

**1015 – 73 Ave SW, Calgary, AB, T2V 0R9**



## Halloween Safety

by Alberta Health Services



As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return

home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

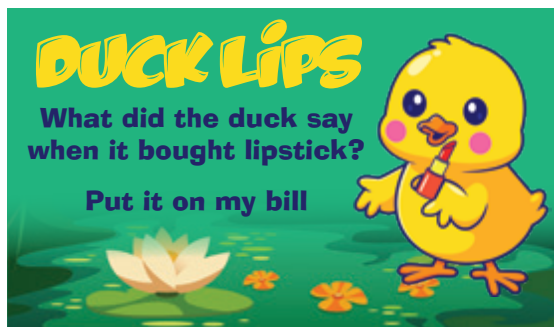
## CKE Community Garden Update

At the time of writing this article, we have yet to experience a hard frost, but that could change any day! For many plants, frost signals their demise. In the case of tender annuals such as dahlias, begonias, and marigolds the water in their cells expands when it freezes, bursting the cell walls and causing the plants to look either soggy or blackened, signalling that it's time to remove them from the gardens. Other annuals and most perennials can tolerate a fair amount of frost and will look good much later into the season. Frost-hardy annuals include snap dragons, ornamental kale, and many of the ornamental grasses.

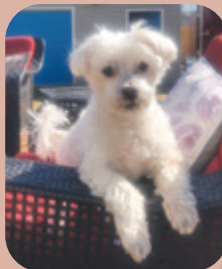
In the vegetable world plants also vary in their tolerance to frost. Truly tender vegetables such as summer squash, beans, tomatoes, and peppers should be harvested before the frost or covered to protect them. Many veggies can tolerate a light frost, including lettuce, cauliflower, peas, and Swiss chard. Still others actually improve in flavour after a frost. For many members of the cabbage family (kale, Brussel sprouts) cold weather triggers the plants to increase the sugar content in their cells. This creates a natural anti-freeze effect, preventing cell contents from expanding and bursting the cell walls. In the case of root vegetables like parsnips and carrots, cold conditions cause the plants to convert their starches to sugars, again allowing the plant to withstand freezing temperature. In both cases the result is sweeter tasting vegetables. These frost-hardy vegetables can be left in the garden until the ground is in danger of being frozen to the point that digging becomes difficult.

Stop by the CKE Community Gardens this month and see what is still holding up well in our garden boxes!

Happy Gardening!



## Cats, Canines, & Critters of Calgary



Charlie, Copperfield



Cody, Glenbrook



Dobby, Huntersen Place



Guzel, Huntersen Place



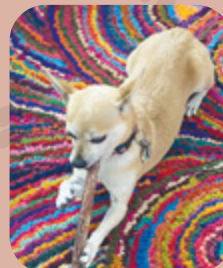
Nelly, Dalhousie



Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# How You Can Support an Emotionally Avoidant Partner

by Nancy Bergeron, R. Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

### 1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

### 2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

### 3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

### 4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

### 5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

### 6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.



## 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**

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

Camp and Class Manager: Zoë Arthur  
admin@cypt.ca | 587-392-5832  
www.cypt.ca  
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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  
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### **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.  
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### **Alberta Perinatal Wellness Centre**

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info@albertaperinatal.com  
www.albertaperinatal.com

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Jacqueline McKendry  
powerfit22@gmail.com  
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### **Futsal Calgary**

Michelle Holmes  
For more info email hello@futsalcalgary.ca

### **Triple Meg Indoor soccer**

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### **Rebound Fitness**

Please reach out for more information  
Elisa Choi  
403-875-0198

### **Prostate Cancer Support and Awareness Group**

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Richard Kaechele  
program.director@prostaidd.org  
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### **Awakening Play: Embracing Conscious Movement as Adults**

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Please contact for more details.  
marylougammans@gmail.com  
403-620-5673



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BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



# Sulphur Mountain Sasquatch

by Garth Paul Ukrainetz

Where hot springs flow from long ago  
Where mountain trees did younger grow  
A Sasquatch soaked in water hot  
And all his problems there forgot

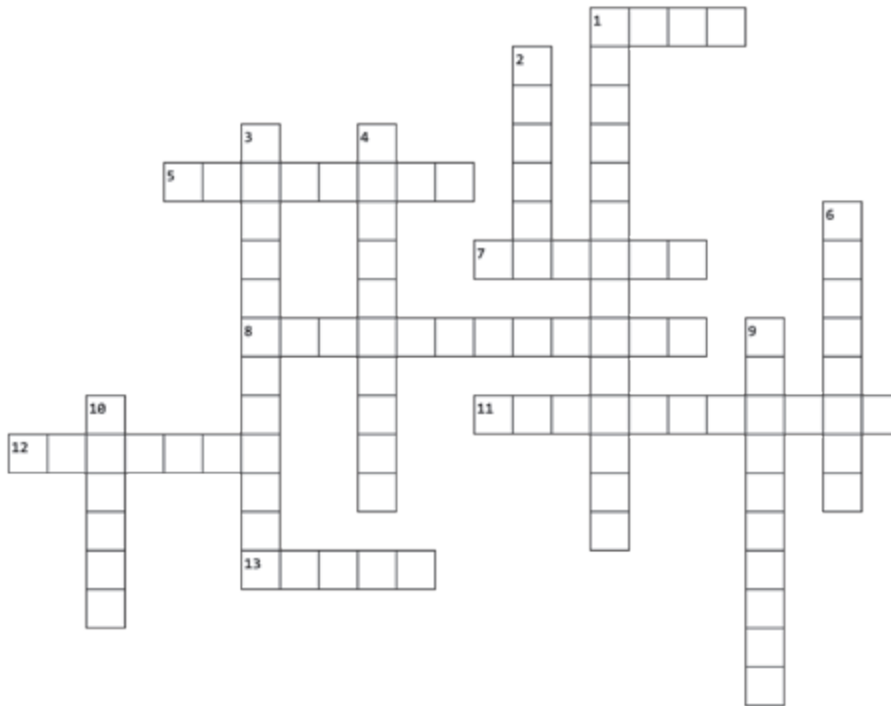
But then one day his world would change  
His dear ol' Rocky Mountain range  
Banff National Park, the first to be  
Now tourists flocked for all to see

Up Sulphur Mountain Sasquatch climbed  
His favourite hot pool left behind  
He at the top made cave of snow  
And cried alone in moonlight's glow

From high above he got to scheming  
He'll go back down while Banff was dreaming  
So, down below he'd go at night  
And back up top by morning light

Where hot springs flow from long ago  
Where mountain trees now older grow  
A Sasquatch soaks in water hot  
With one eye open, lest he be caught

# October Crossword



Visit [bit.ly/mycalgary](https://bit.ly/mycalgary)  
answers or  
scan the QR  
code for the  
answers

## Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World \_\_\_\_\_' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the \_\_\_\_\_ Peace Prize, making her the first African woman ever to receive the award.

## Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black \_\_\_\_\_.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, \_\_\_\_\_.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The \_\_\_\_\_* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, \_\_\_\_\_ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in \_\_\_\_\_" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	25	1	2	\$654,950	\$621,750
July	25	2	1	\$929,900	\$950,000
June	25	4	2	\$1,037,500	\$1,096,000
May	25	2	3	\$229,900	\$215,000
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

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

## EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	25	0	0	\$0	\$0
July	25	0	0	\$0	\$0
June	25	2	2	\$1,847,450	\$1,797,500
May	25	1	1	\$2,445,000	\$2,400,000
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

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



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## YOUR CITY OF CALGARY

### Beltline Community Investment Fund (BCIF) Call for Letters of Intent

by The City of Calgary

The Beltline Community Investment Fund (BCIF) supports capital projects that enhance the wellbeing of residents and visitors in Calgary's Beltline community.

Past funded projects include:

- Upgraded sidewalks and lighting
- Park and open space improvements
- Street trees and landscaping
- Benches, bike racks, and waste/recycling bins
- Public art installations

Applications are accepted year-round and reviewed quarterly by the BCIF Committee. The next review date is December 8, 2025, and the deadline to submit your application for this round is October 31, 2025.

Before applying, organizations must submit a Letter of Intent (LOI) for approval. LOIs are accepted and reviewed on an ongoing basis. To get started, email your LOI to [BCIF@calgary.ca](mailto:BCIF@calgary.ca).

For more information about BCIF and how to apply, go to [calgary.ca/bcif](http://calgary.ca/bcif).





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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	25	2	0	\$0	\$0
July	25	3	1	\$1,050,000	\$1,050,000
June	25	2	2	\$262,400	\$252,000
May	25	2	3	\$1,100,000	\$1,173,000
April	25	3	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

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