

AUGUST 2023

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

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

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

	Properties		Median Price		
	Listed	Sold	Listed	Sold	
June	23	6	4	\$1,086,950	\$1,062,500
May	23	7	4	\$533,000	\$540,750
April	23	2	3	\$1,049,900	\$1,030,000
March	23	0	0	\$0	\$0
February	23	1	0	\$0	\$0
January	23	0	1	\$199,900	\$187,000
December	22	1	1	\$185,000	\$187,000
November	22	1	4	\$564,450	\$548,000
October	22	1	3	\$329,900	\$325,000
September	22	2	1	\$194,999	\$183,372
August	22	2	0	\$0	\$0
July	22	2	0	\$0	\$0

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

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

This board listing does not reflect changes made at our June AGM. Please check back next month for updated information.

## CKE COMMUNITY ASSOCIATION BOARD

President	Daniel Kowall	<a href="mailto:ckepresident@gmail.com">ckepresident@gmail.com</a>
Vice President	Glen Haslhofer	<a href="mailto:ckevicepresident@gmail.com">ckevicepresident@gmail.com</a>
Treasurer	Matthew Watt	<a href="mailto:treasurercke@gmail.com">treasurercke@gmail.com</a>
Secretary	Zonita Haggis	<a href="mailto:secretarycke@gmail.com">secretarycke@gmail.com</a>
Communications Director	Jessica Kopitar	<a href="mailto:communicationcke@gmail.com">communicationcke@gmail.com</a>
Membership Director	Debra McArthur	<a href="mailto:ckemembership@gmail.com">ckemembership@gmail.com</a>
Community Garden Director	Harry Schaepsmeyer	<a href="mailto:communitygardencke@gmail.com">communitygardencke@gmail.com</a>
Planning Director	Doug McNeill	<a href="mailto:planningcke@gmail.com">planningcke@gmail.com</a>
Social Director	Suzanne Brown	<a href="mailto:socialcke@gmail.com">socialcke@gmail.com</a>
Recreation Director	Robyn Messer	<a href="mailto:recreationcke@gmail.com">recreationcke@gmail.com</a>
Director at Large	Lance Titchkosky	

## LOCAL CONTACTS

CKE Hall Rental	Jennifer Sherstabetoff	<a href="mailto:CKEhallrental@gmail.com">CKEhallrental@gmail.com</a> 403-764-9614
CKE News (editorial)	Vacant	<a href="mailto:CKEcommunity@gmail.com">CKEcommunity@gmail.com</a>
CKE News (ads)	Great News Media	403-720-0762
Brownies/Guides	Anne Bennett	403-255-3883
Cubs/Scouts	Crystal Botterill	403-454-9644
Heritage Community Soccer	Robyn Messer	<a href="mailto:CKEHeritageSoccer@gmail.com">CKEHeritageSoccer@gmail.com</a>
Softball	Sonny Vallieres	403-238-0847
Football	Rob Perry	403-251-6556
Police Service Community Liaison	Jake Tyerman Robinson	403-253-2261 ext. 2143
Neighbourhood Partnership Coordinator	Christa Zaharychuk	587-572-9292
Police Service at HWW	Cst. Jake Tyerman	403-253-2261 ext. 2143
Alderman, 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).**

## CKE Community Garden

The wide range of vegetables in our gardens illustrates different plant lifecycles. Perennial vegetables that we can grow in our Calgary Zone 3 climate come back each year from the roots with no help from us. Asparagus and rhubarb (technically a vegetable as we eat the stems and not the fruit) are common examples. Garlic has a perennial lifecycle, but because we eat the root, we treat it as an annual – harvesting the bulbs and replanting each season. Tomatoes are also perennials but will not survive our winters so are also replaced each year.

By definition, a true annual survives for only one season, and we may only find them in our gardens again if they release seeds that survive the winter and germinate the next spring. Not many of the vegetables in our gardens are annuals, but examples include lettuce, peas, beans, and squash plants.

Biennial plants complete their lifecycle in two years – they are planted in the spring, grow through the season, then survive the winter and flower the next spring. Many of the common vegetables that we grow fit this category, including beets, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, kale, kohlrabi, leek, onion, parsnip, salsify, and turnip. We harvest these plants in the summer or fall, interrupting their growing cycle before they have a chance to go to flower and set seed.

In milder climates, biennials left in the ground have a chance to re-grow and flower the next season. Research suggests that it may be possible for gardeners in colder locations to overwinter the roots of a plant like a carrot and plant it in the spring in the hopes of getting carrot flowers and seeds. This could be a fun experiment!

To see examples of all the edible plants listed above, why not stop by the CKE Community Garden?

Happy gardening!

## Coffee and Tea Social for Seniors

Join us for an informal get together on Thursday, August 24 at 10:30 am in the CKE community hall gym.





Sign up on the CKE Website!

## COMMUNITY YOGA

August 19 at 9-10 am  
 Outside the CKE Hall

Bring your own mat and water bottle. Free for CKE members and \$10 for non-members.

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

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## REFRESH YOUR FALL WARDROBE

Bring your women's consignment quality clothing items to the hall and trade them for "new to you" items

CLOTHING DROP OFF: **FRIDAY NOV 3**  
 SHOPPING DAY: **SATURDAY NOV 4**

## CKE CLOTHING SWAP




## 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  
Yoga all summer long.

### **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.

September registration is now open.

### **Banzai Karate Club**

Chris Walker  
banzaikaratedojo@gmail.com  
Registration is open year-round.

### **HIGH Fitness for Adults of All Ages**

Amber Zenith  
info@highfitness.com  
Reach out for more info.

### **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@cypt.ca  
587-392-5832  
www.cypt.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 cypt.ca.

### **Run. Jump. LEAD**

Natalie Swanson  
run.jump.lead@gmail.com  
403-828-0886  
www.runjumblead.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

### **Ballet and Bubbles**

Cori Ann Archer  
Mnm4Fitfun@gmail.com  
Kids Dance exploration Program Ages 4 to 6.  
Please email for more info.

### **Power Hour Fitness**

Jacqueline McKendry  
powerfit22@gmail.com  
Strength training for all levels.  
Please email for more info.

### **Hiit YYC**

Limor Luzon  
hityyc@gmail.com  
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## GAMES & PUZZLES

### Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE  
FOR THE ANSWERS!

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.

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[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  
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AB, T2V 0R9



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## CHINOOK PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
June	23	1	1	\$934,500	\$965,500
May	23	3	3	\$789,000	\$770,000
April	23	1	1	\$1,000,000	\$995,000
March	23	1	2	\$839,500	\$821,500
February	23	0	1	\$725,000	\$697,000
January	23	1	1	\$775,000	\$700,000
December	22	0	1	\$665,000	\$650,000
November	22	0	1	\$149,990	\$141,500
October	22	2	1	\$164,900	\$157,000
September	22	2	1	\$179,900	\$160,000
August	22	3	2	\$378,950	\$402,500
July	22	1	1	\$774,800	\$750,000

## EAGLE RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price			
		Listed	Sold	Listed	Sold
June	23	1	1	\$1,799,900	\$1,800,000
May	23	0	0	\$0	\$0
April	23	0	1	\$1,990,000	\$1,905,000
March	23	1	0	\$0	\$0
February	23	0	0	\$0	\$0
January	23	1	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	0	0	\$0	\$0
October	22	0	0	\$0	\$0
September	22	0	0	\$0	\$0
August	22	0	1	\$1,250,000	\$1,400,000
July	22	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)



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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.

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**Joke of the Month**

Why do seagulls fly over the sea?  
Because if they flew over a bay,  
they would be bagels.

A cartoon-style illustration of a seagull with a white body, grey wings, and a blue beak, standing on a blue base.

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**KELVIN  
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6	8			7				9
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		9	3				7	4
	4			5			3	6
7		3		1	8			

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