

NOVEMBER 2023

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CKE NEWS

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

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NOVEMBER 4**



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Terms and Conditions Apply.

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 23	2	1	\$219,000	\$205,000
August 23	2	2	\$229,950	\$250,000
July 23	5	6	\$327,400	\$322,450
June 23	5	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

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

Mulch



Mulch is a term often mentioned in connection with water-wise and sustainable gardening. By definition, mulch is a material that is laid on top of the soil to conserve soil moisture, reduce weed growth, enhance aesthetics, and in some cases, improve the fertility of the soil. Mulch can also be used to help protect tender plants, but the approach is different. It is added each winter – after the ground has frozen – to help keep the soil insulated and less susceptible to the freeze-thaw cycles of our Calgary winters.

Mulch materials can be organic or inorganic. Inorganic mulches include gravel or rocks, recycled tire rubber (there are questions about materials that might be leached into the ground), plastic sheeting and landscape fabric. None of these add anything to soil quality, fertility or structure and make planting extremely difficult. Rocks must be moved aside; fabric must be cut. And if the soil needs amending, the mulch must be moved aside first. Landscape fabric – often topped with rock or bark mulch – allows material to slide around, pokes up around the edges of the bed, and does not readily allow moisture into the soil. Other than its use in pathway construction, it really is not suitable to a garden bed of any kind.

Organic mulches include grass clippings, leaves, hay and straw, manure and various sizes of wood or bark chips. As these materials decompose, they feed the soil, and will need replenishing every few seasons. The finer the texture the faster the rate of decomposition. Choices of organic mulches often comes down to aesthetics and personal taste.

At the CKE Community Garden, we add 2 to 3 inches of montane mulch (alpine mulch) to all beds with permanent plantings (trees, shrubs, perennials) every 2 to 3 years. Its finer texture compliments the appearance of the plants and decomposes to add nutrients and improve soil structure. On our pathways and under larger trees we use a much heavier, coarser mulch consisting of wood and bark chippings that can withstand foot traffic. This can be laid down 4 inches deep and should last a few years. It is often available from arborists working in your area.

We held our annual Fall Clean-up event in October and the gardens are looking neat and tidy for the winter. Drop by to check things out! And stay tuned for details of our Winter Container workshop coming up later this month.

Happy gardening!

DID YOU KNOW?

How big is a billion?

If you ask someone what the difference is between a million and a billion most people will just say it's only three more zeros. To really understand how big a billion is here is a fun fact.

One million seconds is almost 12 days.

One billion seconds is close to 32 years.

Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

Namaste.



CKE COMMUNITY DIRECTORY

You can email the board at ckecommunity@gmail.com or visit us at www.ckecommunity.com

CKE COMMUNITY ASSOCIATION BOARD

President	Daniel Kowall	ckepresident@gmail.com
Vice President	Glen Haslhofer	ckevicepresident@gmail.com
Treasurer	Matthew Watt	treasurercke@gmail.com
Secretary	Zonita Haggis	secretarycke@gmail.com
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Membership Director	Debra McArthur	ckemembership@gmail.com
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Social Director	Suzanne Brown	socialcke@gmail.com
Recreation Director	Robyn Messer	recreationcke@gmail.com
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LOCAL CONTACTS

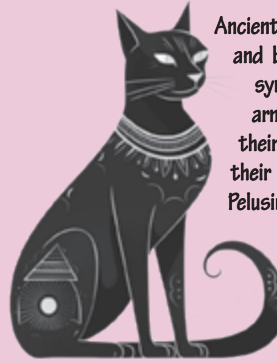
CKE Hall Rental	Jennifer Sherstabetoff	CKEhallrental@gmail.com 403-764-9614
CKE News (editorial)	Vacant	CKEcommunity@gmail.com
CKE News (ads)	Great News Media	403-720-0762
Brownies/Guides	Anne Bennett	403-255-3883
Cubs/Scouts	Crystal Botterill	403-454-9644
Heritage Community Soccer	Robyn Messer	CKEHeritageSoccer@gmail.com
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 and ad inquiries to sales@greatnewsmedia.ca.



WAR CATS



Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!



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

CHINOOK
PARK



KELVIN
GROVE



EAGLE
RIDGE



Coffee and Tea Social for Seniors

Join us for an informal get together on Thursday, November 23 at 10:30 am in the CKE community hall gym.



OFFICIAL

PLUMBING & HEATING

Plumbing Services
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\$50

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403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

It's time to clean out your closet

Friday, Nov 3
(4 PM - 8 PM)

Exchange your gently used women's items for shopping tickets at the CKE hall.

Saturday, Nov 4
(10 AM - 1 PM)

Shop for new closet treasures. Additional tickets are available for purchase.

Sweaters | Jeans | Work Wear | Handbags
Dresses | Coats | Shoes

CKE
CLOTHING
SWAP

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.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

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
Strength training for all levels.
Please email for more info.

World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word "kindness" was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as "friendly, deliberately doing good to others; compassionate". The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.

Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: "No act of kindness, no matter how small, is ever wasted".



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.

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.

2023 CKE MEMBERSHIP DRIVE

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 CKE E-Newsletter



Make Cheque Payable to:

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*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
September 23	4	2	\$749,900	\$765,000
August 23	1	3	\$188,000	\$201,000
July 23	7	3	\$635,000	\$600,000
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

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
September 23	1	0	\$0	\$0
August 23	0	0	\$0	\$0
July 23	2	0	\$0	\$0
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

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

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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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.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

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.

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CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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DOG WALKING: Do you have a dog that needs to get out? Dogs are best behaved when exercised daily! I am a dog owner and can provide for your dogs' physical and emotional needs. Pick up and drop off included. \$20 per hour. Please call 587-574-2170.

KELVIN GROVE DIGITIZING: CHRISTMAS IS COMING! We will preserve your VCR, Beta and Camcorder memories with modern digitizing technology for TV or computer viewing. Satisfaction guaranteed. \$15 per tape. DVD conversion and custom editing possible. Free pickup/delivery. Call/text Kent at 403-200-1381.

SHARE your favorite recipes with us!

Submit your recipe to be shared on the CKE Newsletter and Social Media!



"You can learn a lot about someone when you share a meal together" - Anthony Bourdain

CKECOMMUNITY@GMAIL.COM

Deck the Hall Christmas Market

Saturday, December 2 from 10:00 am to 4:00 pm

Get ready to "Deck the Hall" again at the second annual CKE Community Christmas Market!

Plans are well underway for this year's edition of the market, including the kids only market and the kids' craft and cookie area. A small army of volunteers is needed to run every exciting part! Please reach out to ckecommunity@gmail.com or visit ckecommunity.com to see how you can help.

Your favourite vendors are already preparing but we are still accepting applications. The link is on our website.

Follow @ckemarket on Instagram for details about market day!

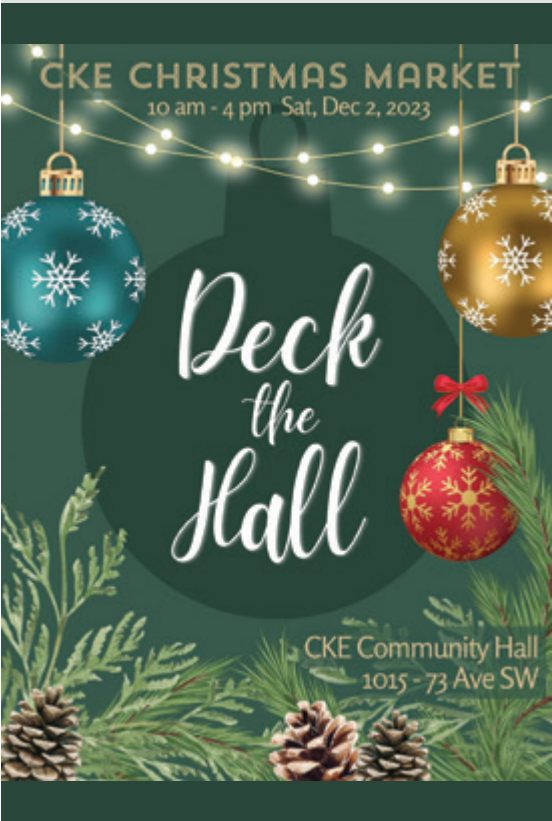


BOTTLE DRIVE
→ AT 9 AM - NOON

SATURDAY
NOVEMBER 4
2023
CKE COMMUNITY ASSOCIATION



CKE CHRISTMAS MARKET
10 am - 4 pm Sat, Dec 2, 2023



Deck the Hall

CKE Community Hall
1015 - 73 Ave SW

Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0024302 ADV-23056

calgary.ca/rpp

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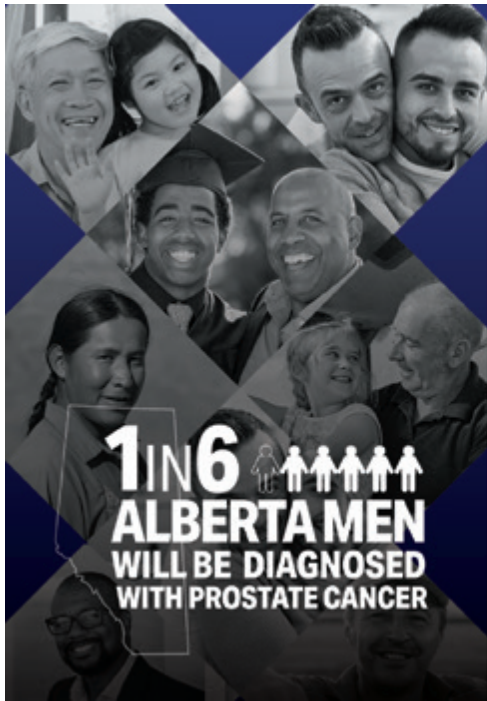
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ALBERTA MEN
WILL BE DIAGNOSED
WITH PROSTATE CANCER



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FATHER
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