

APRIL 2023

DELIVERED MONTHLY TO 3,675 HOUSEHOLDS

your RICHMOND KNOB THE

BRINGING RICHMOND & KNOB HILL RESIDENTS TOGETHER



 BOW TRAIL
DENTAL

NEW DENTAL OFFICE IN YOUR COMMUNITY WELCOMING NEW PATIENTS!



EMERGENCIES

Got a tooth problem? Same day appointments and treatment.



CONVENIENCE

In a rush? Book your appointment online. We are open evenings.



DIRECT BILLING

We direct bill your insurance. Payment plans are also available.

bowtraildental.com | 587-871-5224



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



Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAEGER **RATANA**

BBQ LAND **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

Extraordinary kids deserve extraordinary camps.

Register for summer camps today!

mrucamps.com




BOW TRAIL DENTAL

**NEW DENTAL OFFICE IN YOUR COMMUNITY
WELCOMING NEW PATIENTS!**

 **EMERGENCIES**
Got a tooth problem?
Same day appointments
and treatment.

 **CONVENIENCE**
In a rush? Book your
appointment online.
We are open evenings.

 **DIRECT BILLING**
We direct bill your insurance.
Payment plans are also
available.

bowtraildental.com | 587-871-5224

A better future.

Janet Eremenko

Calgary – Currie



Rachel Notley is focused on the things that matter to you

- ✓ Real relief to end the cost of living crisis.
- ✓ Increasing access to family doctors.
- ✓ Building a resilient economy by supporting innovation to create good paying jobs.

JanetEremenko@albertandp.ca
albertandp.ca

Authorized by Alberta NDP

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

*Locally Owned &
Operated*

Free Estimates to 403.870.0737

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.

SCAN HERE TO VIEW ADDITIONAL RICHMOND / KNOB HILL CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





My Calgary

MyCalgary.com is a community news website dedicated to profiling local events, activities, perspectives, wellness, culture, and lifestyle content.

Available monthly by community:

- Community Real Estate Stats
- Digital Community Newsletters
- Community Crime Stats
- Politician Reports
- Community News/Content
- Local Classified Ads



 @MyCalgary_ |  MyCalgary |  @My_Calgary
news@mycalgary.com | 403-243-7348

Made by Great News Media

Scan to visit
MyCalgary.com



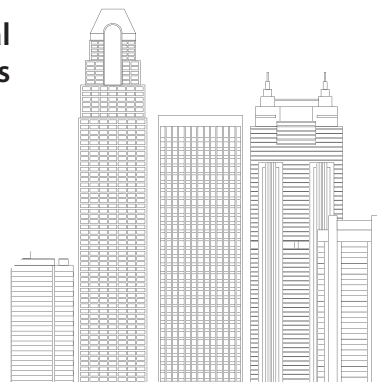
GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Great News Media has helped thousands of local companies market, advertise, and create awareness of their business, products, and services.

To advertise with us,
call 403-720-0762 or email
sales@greatnewsmedia.ca

Scan for an
advertising
quote



@greatnewsmedia



great-news-media

Visit our YouTube channel to
learn about the latest in print
and digital marketing!



Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



**SCAN THE QR CODE
FOR THE ANSWERS!**






mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

National Pet Day



April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.

Preventing Cervical Cancer

from Alberta Health Services



Did you know that regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases? A Pap test checks the cervix for any abnormal cells that can lead to

cervical cancer. When needed, these abnormal cells can be treated or carefully followed.

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). HPV infections are common and usually do not cause symptoms, so most people do not even know they have it. Even if you've been immunized for HPV, it's recommended that you start having Pap tests at age 25, or three years after becoming sexually active, whichever is later.

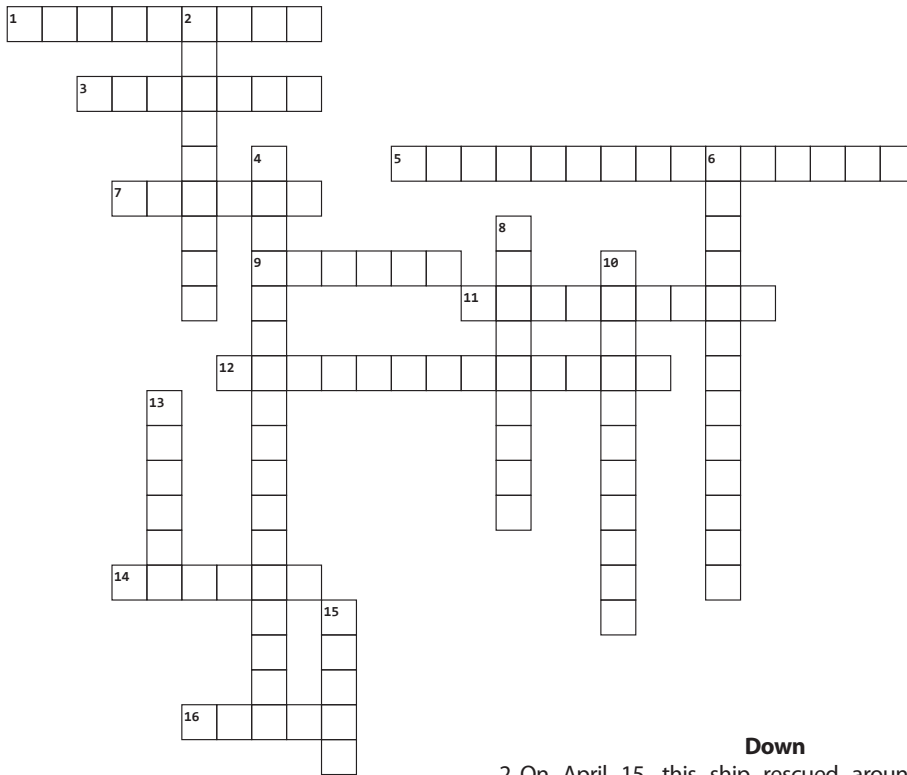
Pap tests are quick and can be done at your healthcare provider's office or at a women's health clinic. Regular screening means any abnormal changes can be followed closely to make sure they clear up or are treated. It's important to attend any appointments for follow-up testing if recommended by your healthcare provider. The earlier abnormal changes are found, the easier they are to manage and the less likely they are to develop into cancer.

For those who are unsure of when they had their last Pap test, or are due for another, please contact your physician or call Health Link at 811.

In addition to regular Pap tests, HPV immunization is an important tool in preventing HPV-related diseases. The HPV vaccine is offered to all Grade 6 students in Alberta schools who haven't had the HPV vaccine yet and works best in children and teens before they have any type of sexual contact. Some adults may also benefit from the HPV vaccine. Talk to your doctor or pharmacist to find out if it's a good idea for you.

For more information on cervical cancer screening, visit screeningforlife.ca.

April Crossword Puzzle



Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April.'
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National _____ Month.
16. A colourful and popular marshmallow Easter treat.

Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

SCAN THE QR CODE FOR
THE ANSWER KEY





Mike and Dee Team
A BOUTIQUE EXPERIENCE

Living and Selling Real Estate in Richmond

Curious about your home's current value?

Mike and Doreen Dreger
www.MikeandDee.ca
403-803-3366

Call us Today!

CENTURY 21
Bamber Realty Ltd.



YOUR CITY OF CALGARY

Weekly Green Cart Returns End of April

from the City of Calgary



Weekly green cart pick up returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost Giveaways

Compost will be available for pick up by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.



Richmond-Knob Hill Real Estate Update

Last 12 Months Richmond-Knob Hill
MLS Real Estate Sale Price Update

	Median Asking Price	Median Sold Price
February 2023	\$699,900	\$692,000
January 2023	\$712,499.50	\$705,000
December 2022	\$699,900	\$700,000
November 2022	\$774,950	\$753,500
October 2022	\$599,850	\$570,000
September 2022	\$725,000	\$700,000
August 2022	\$729,900	\$718,000
July 2022	\$674,950	\$672,250
June 2022	\$784,900	\$778,500
May 2022	\$634,450	\$612,500
April 2022	\$799,950	\$792,500
March 2022	\$837,400	\$851,500

Last 12 Months Richmond-Knob Hill MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2023	24	11
January 2023	13	10
December 2022	7	7
November 2022	10	8
October 2022	8	6
September 2022	18	11
August 2022	13	11
July 2022	14	12
June 2022	22	21
May 2022	20	14
April 2022	25	22
March 2022	31	24

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

27 Ways to Say No

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

Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.



the Gutter Doctor®

- Gutters • Downspouts • Fascia
- Soffit • Siding • Roofing • Cladding
- Gutter Cleaning

403-714-0711 • gutterdoctor.ca




SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages

ANITA **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial

Happy Birthday, Charlotte Brontë!



You've likely heard of at least one of the three Brontë sisters, all famous for their canonized novels. Born on April 21, 1816, Charlotte was the eldest and is best known for writing *Jane Eyre*. She was once urged by poet Robert Southey to abandon her writing because she was a woman. How fortunate that Charlotte didn't listen!

MLA Calgary-Currie
Nicholas Milliken
Minister of Mental Health & Addiction
#211, 1608 17th Avenue SW, Calgary, AB
T2T 0E3
403-246-4794
calgary.currie@assembly.ab.ca



Dear Neighbours,

Alberta's government presented Budget 2023: Securing Alberta's Future.

With a forecast surplus of \$2.4 billion, and an economy poised to lead the country in economic growth, Budget 2023 is an opportunity for the government to invest in Alberta's future. Alberta's responsible fiscal management over the last three years made this possible – growing the economy, creating good paying jobs, strengthening health care and education, and keeping communities safe.

Alberta's government is setting new records for spending in health care. Our province has the best front-line health-care workers in the world and Budget 2023 provides the right supports to ensure Albertans get the care they need when and where they need it. An additional \$965 million in operating expense this year will help build a stronger healthcare system and ensure that government can do what's needed to improve wait times for ambulance services, emergency rooms, and surgeries. The budget also includes \$158 million this year to attract, recruit, and train more doctors and nurses, with a focus on family physicians for rural areas.

Your government is growing and diversifying Alberta's economy. According to a recent report from the Canadian Venture Capital and Private Equity Association, Alberta smashed its venture capital investment record for the fourth year in a row, attracting \$729 million in investment in 2022 – a 30% increase over 2021. The increase in year-over-year values stands in stark contrast to Canada as a whole, which saw a near 30% decline in venture capital dollars invested in 2022.

Alberta is attracting big names in the technology world and undoubtedly, 2023 will be another big year for our technology and innovation sector. That means more high-paying jobs for Albertans. Calgary Herald business writer Chris Varcoe recently wrote that "despite a global slowdown and layoffs in the [technology] sector, Alberta technology companies continue to attract the interest of investors." And Alberta Enterprise Corporation President and CEO Kristina Williams said, "Alberta's tech sector has become a force to reckon with in Canada and beyond."

Government is also setting up Indigenous communities for success. Fourteen Indigenous community-owned businesses are receiving an economic boost through the Aboriginal Business Investment Fund. Five million dollars in grants will be distributed through the fund, supporting the growth of Indigenous communities, community-led job creation, and economic development. Grants will go toward capital costs like equipment purchases and infrastructure builds.

Best wishes for a wonderful spring as well as a happy Easter.

Regards,
Nicholas Milliken
MLA for Calgary – Currie

BUSINESS CLASSIFIEDS

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Richmond and Knob Hill. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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.

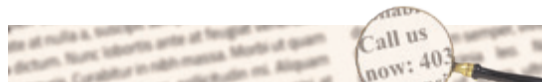
RICHMOND | KNOB HILL MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB clearance, and BBB accredited. Providing quality, reliable service, free estimates, and a 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at www.russellsawn.com or call 403-686-LAWN (5296).



GET NOTICED



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

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





**RINGETTE PROVIDES
AN OPPORTUNITY TO...**

REGISTER HERE



COMETRYRINGETTE.CA



- ✓ **DISCOVER
NEW SKILLS**
- ✓ **BE PART OF
A TEAM**
- ✓ **MAKE
FRIENDS**
- ✓ **GET ACTIVE**
- ✓ **HAVE FUN**



**April 23
2:00-3:30PM
Flames Community Arena**