

JANUARY 2023

DELIVERED MONTHLY TO 3,675 HOUSEHOLDS

your **RICHMOND** **KNOB** T^H

BRINGING RICHMOND & KNOB HILL RESIDENTS TOGETHER



Low ratio class sizes averaging 8:1.

Self-directed learning with enhanced curriculum.

**CHOOSE TO SUCCEED
AND ENROLL TODAY!**

403.270.7787

www.BanburyCrossroads.com



**BANBURY
CROSSROADS
SCHOOL** EST. 1979

Great News Media

|

Call 403-720-0762 for advertising opportunities

|

www.greatnewsmedia.ca

OFFICIAL

PLUMBING & HEATING

Plumbing Services

Furnace Repair

Drain Cleaning

Boiler Repair

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



**Fun
Friendship
Community**
It Starts Here

Your Community Club for Over 25 Years

Integrated Technical Programs

**REGISTRATION
OPENS FEBRUARY 1ST**
Register Online

LOCAL FIELDS:

Killarney Pool, Killarney Dry Pond,
Turtle Hill, Richmond Field

Offering U4, U6, U8, U10SWL outdoor programs

✉ info@triwestsoccer.com
🌐 www.triwestsoccer.com



Yip the dishes.



**Unsecured food waste
attracts wildlife.
Keep clever coyotes hunting
in the wild by ensuring
garbage, compost, and
recycling are in secure bins.**

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit
www.calgarywildlife.org
for more information.



Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

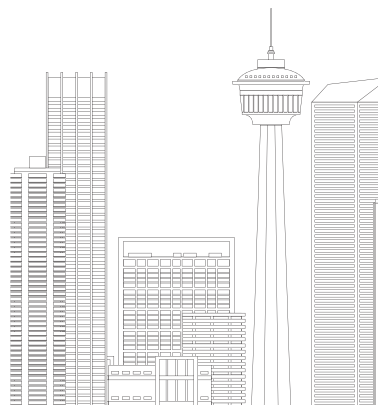
For more information go to [BBB.org](https://www.bbb.org).



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!



The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

Swallowing Button Batteries is Dangerous

from Alberta Health Services

Button batteries are used to power items such as watches, cameras, calculators, hearing aids, and computer games. With Christmas around the corner, many children may receive gifts powered by button batteries and because of what they look like and their size, children can mistake button batteries for food or candy.

Swallowing button batteries is dangerous. Button batteries can cause chemical burns and damage your internal organs.

If your child swallows a button battery, it can cause burning, corrosion, or completely destroy the tissue in the upper digestive tract. This damage can happen very quickly and is likely to be worse if the battery gets stuck in the esophagus (throat) instead of moving into the stomach.

After ingesting a button battery your child might have one or more of these symptoms:

- Trouble breathing
- Wheezing, drooling
- Coughing and gagging when eating
- Trouble swallowing
- Chest pain
- Belly pain
- Nausea, vomiting
- No appetite
- Fever

There may not be any symptoms after swallowing a button battery, but injury can still occur.

If you think someone has swallowed a button battery:

- Do not try to make them vomit.
- Take them to an emergency department immediately.

To keep children safe this holiday season and beyond:

- Keep all batteries locked up, out of reach, and out of sight of children.

- Supervise children when they use products containing button batteries.
- Ensure children do not play with button batteries or are able to remove them from toys.
- Look for loose batteries on floors, tables, and counters. Dispose of batteries so that children cannot find them.
- Store or dispose of batteries in a secure place so that children cannot gain access to them. Cover the ends of the battery with tape before storing and disposing. Ensure button batteries are not left out, even if they are dead.

Visit MyHealth.Alberta.ca to learn more about button batteries, the signs and symptoms of button battery ingestion, as well as treatment.



International Sweatpants Day

In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!



Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

YOUR CITY OF CALGARY

Learn More About Property Assessment at Ask the City Assessor Q&A Session

from the City of Calgary

Learn more about how The City determines property assessments at Ask the City Assessor Q&A session. This virtual information session is free and open to Calgary home and commercial property owners, who may have questions about the 2023 Property Assessment process. During this session, City Assessor Eddie Lee will answer questions on how property assessments work. There will be a short presentation followed by a question-and-answer period. Property owners are encouraged to ask general questions.

Note: Due to privacy concerns, Mr. Lee will not answer property specific questions during this session. Citizens are invited to call 403-268-2888 to ask questions specific to their Property Assessment.

When: Tuesday, January 17, 7:00 to 8:00 pm.

Where: Virtual on Microsoft Teams. Register via calgary.ca/assessment.

**9 PM
ROUTINE**

✓ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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.

Eating Healthy in Winter and on a Budget

from Alberta Health Services



When it comes to choosing vegetables and fruits to eat, a variety is best. By choosing a variety, you'll be packing your diet with fibre, vitamins, and minerals. At mealtime, try to fill half your plate with vegetables and fruits.

Fresh produce is always a healthy choice, but canned and frozen vegetables and fruits are also good options. Canned vegetables and fruits can last for months and can be just as nutritious as fresh – plus, they may cost less. They are also pre-washed, cut, and cooked, saving you time when making meals.

Many types of frozen and canned produce are available throughout the year, so even when produce is not in season, there are lots of options to choose from.

Here are a few of our favourite ways to use canned vegetables and fruits:

- Use frozen fruits in baking.
- Thaw frozen fruit such as peach slices, and then add to yogurt or oatmeal for a breakfast or snack.
- Make an easy side dish from steamed frozen vegetables.
- Use frozen vegetables such as peppers when making a stir fry.
- When boiling pasta, add frozen vegetables such as broccoli to the pot near the end of cooking, and then top with pasta sauce after draining.
- Use frozen dark leafy greens such as kale and spinach in an omelet or smoothie.
- Use canned vegetables such as green beans, asparagus, carrots, and peas in pasta dishes or an omelet.
- Combine canned vegetables and canned beans for a quick lunch.
- Use canned corn, peas, or tomatoes in a stir fry.
- Use canned mushrooms or other vegetables in a chili.
- Add canned corn to a quesadilla.
- Make a quick vegetable soup by adding canned corn, tomatoes, and pinto beans to low-sodium chicken broth.
- Top your favourite canned fruit with some yogurt for dessert.

Be aware of the sodium (salt) and sugar content in canned or frozen vegetables. Choose canned vegetables with low-, reduced-, or no added sodium and then rinse the vegetables before using to lower the sodium content further.

Choose fruit canned in water instead of syrup or rinse it if it's in syrup. Choose frozen vegetables and fruit without added seasonings, breading, sauces, or sugars.

The nutrition facts table can always be used to compare similar foods. Aim for products that have less than 15 percent DV (daily value) in sodium or sugar.

New Info to be Added to Food Labels

from Alberta Health Services

Sugar is a carbohydrate and is found naturally in fruits, vegetables, and dairy products. Sugar is also added to food and drinks to improve taste, texture, or shelf life.

Too much sugar, however, can lead to dental cavities in children, and may lead to people eating more calories than we need.

To help you make lower sugar choices, look for a new front-of-package symbol that will appear on some packaged foods in Canada. Food companies have until 2026 to put a front-of-package label that will tell you if a food is high in sugar, sodium (salt), or saturated fat.

The new nutrition label will have a black-and-white symbol of a magnifying glass and will be beside any ingredient the food is high in. This symbol can help you when you are grocery shopping, so you can choose foods that are low in sugar. Regular pop, candies, chocolates, frozen desserts, and baked goods add the most sugar to Canadians' diets.

To lower the amount of sugar in your diet:

- Choose water to drink instead of regular pop, juice, or other sweetened drinks.
- Try baking at home and lower the amount of sugar in your recipes.
- Choose snacks such as fruit, yogurt, or nuts more often than candies, chocolates, frozen desserts, or baked goods.
- Choose plain milk or plain yogurt instead of flavoured ones. You can mix in fruit, unsweetened granola, or nut butter to plain yogurt to give it extra flavor.
- Limit the number of prepackaged foods you eat with the "high in sugar" label.



Gentle Intentions

from Alberta Health Services

Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some "gentle intentions." Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!

Here Are Some Tangible Tips to Embrace:

Sleep

Create habits that help you get a good night's sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZs.

Nutrition

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

Helping Others

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!

Supportive Connections

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

Physical Activity

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.

**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,

Your government is working hard to support you. In fact, in 2022 the government's commitment to fiscal discipline and economic growth allowed for unprecedented economic development and recovery. However, some of Alberta's most vulnerable communities are still struggling. To help these Albertans, the government is working on Bill 2. Upon successful passage, Bill 2 will increase supports for individuals on Assured Income for the Severely Handicapped (AISH), Persons with Developmental Disabilities (PDD), and Income Support monthly benefits. As an example, AISH recipients will see their benefits indexed to inflation, and will receive six monthly payments of \$100, for a total of \$600 in additional support.

I've also heard from many seniors and families that the rising cost of living has had an impact on your day-to-day life. Government is focused on finding solutions that will make a real difference. That's why we're raising the Alberta Senior's Benefit and the Alberta Child and Family Benefit. Families and seniors with household incomes below \$180,000 per year will receive six monthly payments of \$100, for a total of \$600 in additional financial support for seniors and \$100 per dependant child under 18 years of age.

Your government understands the far-reaching impact that this inflation-driven affordability crisis is having on all Albertans. As a result, we have extended the Fuel Tax Relief Program, pausing the 13-cent provincial fuel tax so you can save at the pumps. Also, we expanded the Electricity Rebate Program, putting up to \$500 back into the pockets of Albertans, and we're reindexing personal income tax, meaning most people will receive a higher refund or owe less tax for 2022. But we're not stopping there. Government is also helping low-income Albertans with the cost of transit and providing millions of dollars to Food Banks supporting those most in need.

As we head into a new year, know that I will continue working hard to support you and our entire community here in Calgary-Currie. I hope you had the opportunity to spend time with loved ones over the holidays and I wish you and your family all the best for a healthy and prosperous new year.

Nicholas Milliken MLA

Calgary – Currie



AVENUE | Financial
Real Estate Solutions



**SAVE A
BUNCH
OF CASH**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Nicholas Milliken
Your MLA for Calgary-Currie

PRIORITIES

- ✓ ADDRESS AFFORDABILITY
- ✓ STRENGTHEN HEALTHCARE
- ✓ IMPROVE EMS RESPONSE TIME
- ✓ ENHANCE MENTAL HEALTH AND ADDICTIONS TREATMENT

calgary.currie@assembly.ab.ca **United Conservative**

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.



BUSINESS CLASSIFIEDS

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

Richmond-Knob Hill Real Estate Update

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

	Median Asking Price	Median Sold Price
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
February 2022	\$824,900	\$825,000
January 2022	\$699,900	\$695,000
December 2021	\$585,000	\$560,000

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

	No. New Properties	No. Properties Sold
November 2022	12	8
October 2022	8	6
September 2022	21	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
February 2022	36	27
January 2022	19	15
December 2021	4	7

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

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.

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.

FLORAL CLASSES: A fun and engaging indoor activity now that the weather is turned. Learn some floral and plant skills, get your hands dirty, meet some other locals. Join a class or book a custom event. Dates and offerings can be found at www.peaseblossoms.com under classes, or email marika@peaseblossoms.com.

SCAN HERE

To View Additional
Richmond Content



got digital?

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

Happy New Year!
from

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Scan for an
advertising
quote

