

MAY 2023

DELIVERED MONTHLY TO 3,675 HOUSEHOLDS

your RICHMOND KNOB HILL

BRINGING RICHMOND & KNOB HILL RESIDENTS TOGETHER



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.

bowtraidental.com | 587-871-5224

On May 29 vote

Janet Eremenko

Calgary – Currie



A better future.

- ✓ **Better healthcare** - we'll connect a million Albertans with a family doctor
- ✓ **Better jobs** - our economic strategy will create 47,000 jobs and generate \$20 billion in new investment
- ✓ **Better education** - we'll support students, build schools and deliver a modern curriculum

JanetEremenko@albertandp.ca

albertandp.ca

Authorized by Alberta NDP

GROW YOUR BUSINESS

ACQUIRE AND RETAIN NEW CUSTOMERS

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Contact Us:

403-720-0762 | sales@greatnewsmedia.ca



Scan for your advertising quote

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

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

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

Enjoy rootin' tootin' a cappella fun with
Stampede City Chorus



Back in the Saddle Again!

Saturday, June 17

2 pm & 7 pm

Special Guests: Youth Singers - ONCUE

Lakeview United Church
3023 63rd Ave SW

Admission
by Cash
Donation

For more info:

visit <https://www.stampedecitychorus.com/>
or call 587-288-5226



**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

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



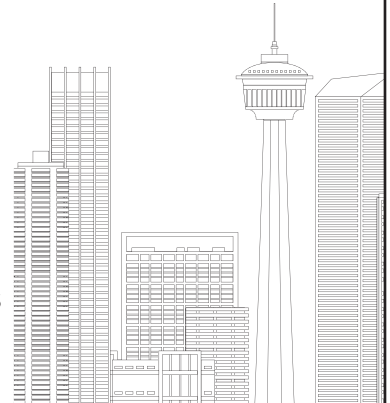


My Calgary

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!



Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes

Cook Time: 8 minutes

Servings: 4

Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tpb. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!



What is Depression in Children and Teens?

by Alberta Health Services

Depression is a serious mood disorder that can take the joy from a child's life. It is normal for a child to be moody or sad from time to time; you can expect these feelings after the death of a pet or a move to a new city. But if these feelings last for weeks or months, they may be a sign of depression.

Experts used to think that only adults could get depression. Now we know that even a young child can have depression that needs treatment to improve. As many as two out of 100 young children and eight out of 100 teens have serious depression.

A child who is depressed may also:

- Lose or gain weight.
- Sleep too much or too little.
- Feel hopeless, worthless, or guilty.
- Have trouble concentrating, thinking, or making decisions.
- Think about death or suicide a lot.

Both very young children and grade-school children may lack energy and become withdrawn. They may show little emotion, seem to feel hopeless, and have trouble sleeping. Often, they will lose interest in friends and activities they liked before. They may complain of headaches or stomach aches. A child may be more anxious or clingy with caregivers.



Still, many children don't get the treatment they need. This is partly because it can be hard to tell the difference between depression and normal moodiness. Also, depression may not look the same in a child as in an adult.

If you are worried about your child, learn more about the symptoms in children. Talk to your child to see how they are feeling. If you think your child is depressed, talk to your doctor or a counsellor. The sooner a child gets treatment, the sooner they will start to feel better.

What are the symptoms?

A child may be depressed if they:

- Are irritable, sad, withdrawn, or bored most of the time.
- Do not take pleasure in things they used to enjoy.

Depression can range from mild to severe. In its most severe form, depression can cause a child to lose hope and want to die.

Whether depression is mild or severe, there are treatments that can help.

How is depression diagnosed?

To diagnose depression, a doctor may do a physical examination and ask questions about your child's past health. You and your child may be asked to fill out a form about your child's symptoms. The doctor may ask your child questions to learn more about how he or she thinks, acts, and feels.

How is it treated?

Usually, one of the first steps in treating depression is

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



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



education for the child and their family. Teaching both the child and the family about depression can be a big help. It makes them less likely to blame themselves for the problem. Sometimes it can help other family members see that they are also depressed. Counselling may help the child feel better. The type of counselling will depend on the age of the child.

Medicine may be an option if the child is very depressed. Combining antidepressant medicine with counselling is also an option. A child with severe depression may need to be treated in the hospital.

There are some things you can do at home to help your child start to feel better:

- Encourage your child to get regular exercise, spend time with supportive friends, eat healthy foods, and get enough sleep.
- See that your child takes any medicine as prescribed and goes to all follow-up appointments.
- Make time to talk and listen to your child. Ask how they are feeling. Express your love and support.
- Remind your child that things will get better in time.

What should you know about antidepressant medicines?

Antidepressant medicines often work well for children who are depressed, but there are some important things you should know about these medicines.

- Children who take antidepressants should be watched closely. These medicines may increase the risk that a child will think about or try suicide, especially in the first few weeks of use. If your child takes an antidepressant, learn the warning signs of suicide, and get help right away if you see any of them. Common warning signs include talking, drawing, or writing about death; giving away belongings; withdrawing from family and friends; and/or having a plan, such as a gun or pills.
- Your child may start to feel better after one to three weeks of taking antidepressant medicine, but it can take as many as six to eight weeks to see more improvement. Make sure your child takes antidepressants as prescribed and keeps taking them so that they have time to work.
- A child may need to try several different antidepressants to find one that works. If you notice any warning signs or have concerns about the medicine, or if you do not notice any improvement by three weeks, talk to your child's doctor.
- Do not let a child suddenly stop taking antidepressants. This could be dangerous. Your doctor can help you taper off the dose slowly to prevent problems.



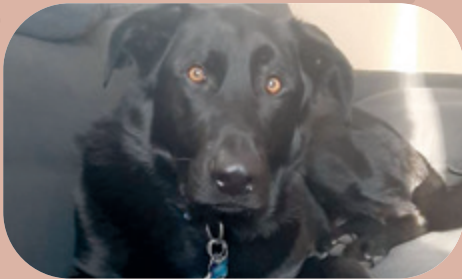
The Orient Express

In 1883, a luxurious passenger train called the Orient Express began serving the European continent and did so successfully for almost a century. Sadly, the emergence of air travel meant that it had to shorten its routes. On May 20, 1977, the Orient completed its last direct trip from Paris to Istanbul, the endpoints on their line.

Cats, Canines, & Critters of Calgary



Miki, Haysboro



Riley, Dover



Rigby, Huntington Hills



Whiskey, Walden

To have your pet featured, email news@mycalgary.com

Hen-Keeping is Even More Than it's Cracked Up to Be

from the City of Calgary



To Chris Huston, a City of Calgary employee, hen-keeping started as an interest in sustainability that developed into a passion for animals, his community, and cooking. "Each one of the hens has its own distinct personality," he said with a smile.

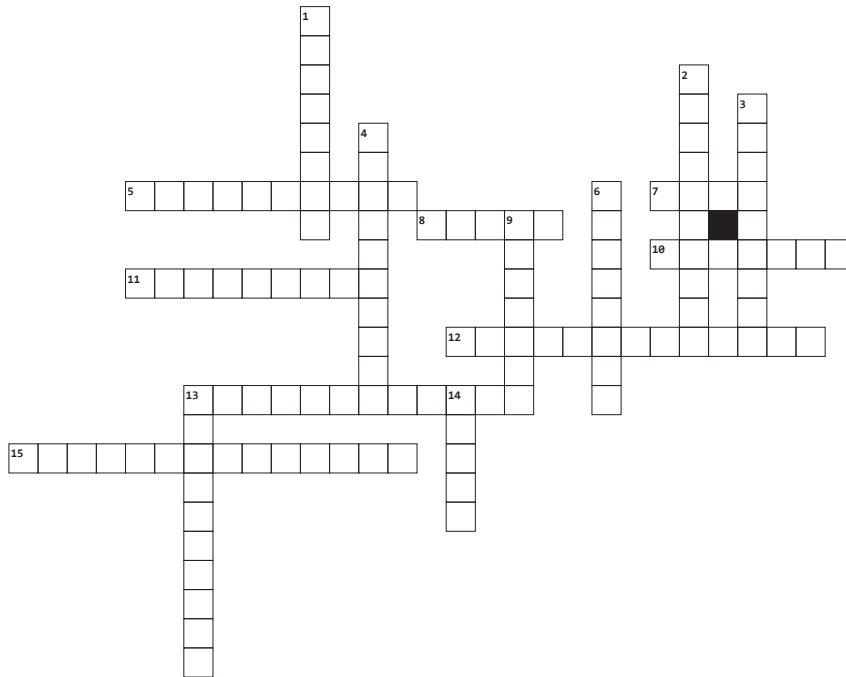
Huston participated in Calgary's urban hen-keeping pilot program last year and has made countless omelettes since last spring. "Collecting the eggs from the nests will never get old. We even invite the neighbours and their kids to visit the chickens and feed them," said Huston.

Before Huston built his coop, he talked to his neighbours; they were concerned they'd be woken first thing by a rooster. That is a common misconception about hen-keeping, but roosters are not permitted under the Responsible Pet Ownership bylaw, meaning nobody will be subjected to early morning 'cock-a-doodle-doo's' because hens are female chickens, and they are more polite neighbours than roosters.

Aside from producing eggs, Huston's hens, Tia and Tamera, have kept him busy with their home renovations: Pollo Palace, his coop, has had many additions since it was initially built. "I know my place in the pecking order," Huston joked. While his tone is jovial, the point is clear: hen-keeping is an ongoing responsibility that requires your attention and effort to keep them happy and safe.

If you're interested in hen-keeping, the City of Calgary is re-opening the program this year, and an unlimited number of licences are available from spring to fall. Visit us at calgary.ca/pets/licences/urban-hens to learn more.

May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

**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.



Richmond-Knob Hill Real Estate Update

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

	Median Asking Price	Median Sold Price
March 2023	\$ 699,900	\$ 719,000
February 2023	\$ 699,900	\$ 692,000
January 2023	\$ 712,500	\$ 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

BRAIN GAMES SUDOKU

		8			1			
	5							1
9			5		2			7
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	

SCAN THE QR CODE
FOR THE SOLUTION



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

	No. New Properties	No. Properties Sold
March 2023	25	17
February 2023	22	11
January 2023	13	10
December 2022	7	7
November 2022	10	8
October 2022	8	6
September 2022	17	11
August 2022	13	11
July 2022	14	12
June 2022	22	21
May 2022	20	14
April 2022	25	22

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

BUSINESS CLASSIFIEDS

For business classified ad rates contact 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.

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.russellslawn.com or call 403-686-LAWN (5296).

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.

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.

INDEPENDENT DENTAL HYGIENIST: I am a home based dental hygiene clinic in the Knob Hill area. I provide dental hygiene cleaning - hand scaling, visual dental hygiene exam, polish, fluoride and teeth Zoom whitening. I accept consentment from your insurance company, and accept all types of payment for services rendered. Charlotte Cadrain RDH 403-680-6322. www.sparklingbritesmiles.ca.



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.



How to BEE a Community Scientist

Help us document the different pollinators in Calgary!

1



Go to **[inaturalist.ca](https://www.inaturalist.ca)** or download the app.



2



Look around your favourite park or backyard for any **insects visiting a flower.**



3



Take a least **2 clear photos of an insect**, preferably from multiple angles.

4



Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.

5



Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.



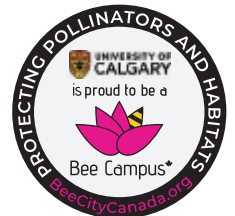
6



Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



UNIVERSITY OF CALGARY



iNaturalist



✉ sustain@ucalgary.ca (O) @dollecology