

NOVEMBER 2023

DELIVERED MONTHLY TO 3,675 HOUSEHOLDS

your RICHMOND KNOB 11TH

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.

bowtraildental.com | 587-871-5224

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

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



ANITA MORTGAGE

AVENUE Financial
Real Estate Solutions

Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771

anita@anitamortgage.ca

Licensed by Avenue Financial



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

BARKER'S
 • FINE DRY CLEANING •

PICK UP & DELIVERY SERVICES



403-282-2226

BRAIN GAMES SUDOKU

8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2

SCAN THE QR CODE FOR THE SOLUTION





FEDERATION OF
CALGARY COMMUNITIES

November 11, Remembrance Day

A message from the Federation of Calgary Communities



As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.

CRIME STATISTICS



Richmond-Knob Hill Crime Activity was Up in September 2023

The Richmond-Knob Hill community experienced 10 crimes in September 2023, in comparison to 6 crimes the previous month, and 12 crimes in September one year ago. Richmond-Knob Hill experiences an average of 8.8 crimes per month. On an annual basis, Richmond-Knob Hill experienced a total of 106 crimes as of September 2023, which is down 34% in comparison to 160 crimes as of September 2022. To review the full Richmond-Knob Hill Crime report visit rich.mycalgary.com.

How To Report Crime In Richmond-Knob Hill: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

A Ton of Tongue

Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!



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.

Vietnamese Chicken and Pork Balls

by Jennifer Puri



“Yerba Bueno” or the Good

Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a “stomach soother”. Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- ½ lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- ½ tsp red pepper flakes
- 4 tbsp. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced
- 3 tbsps. of fresh coriander leaves, finely sliced

- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- Coriander leaves for garnish

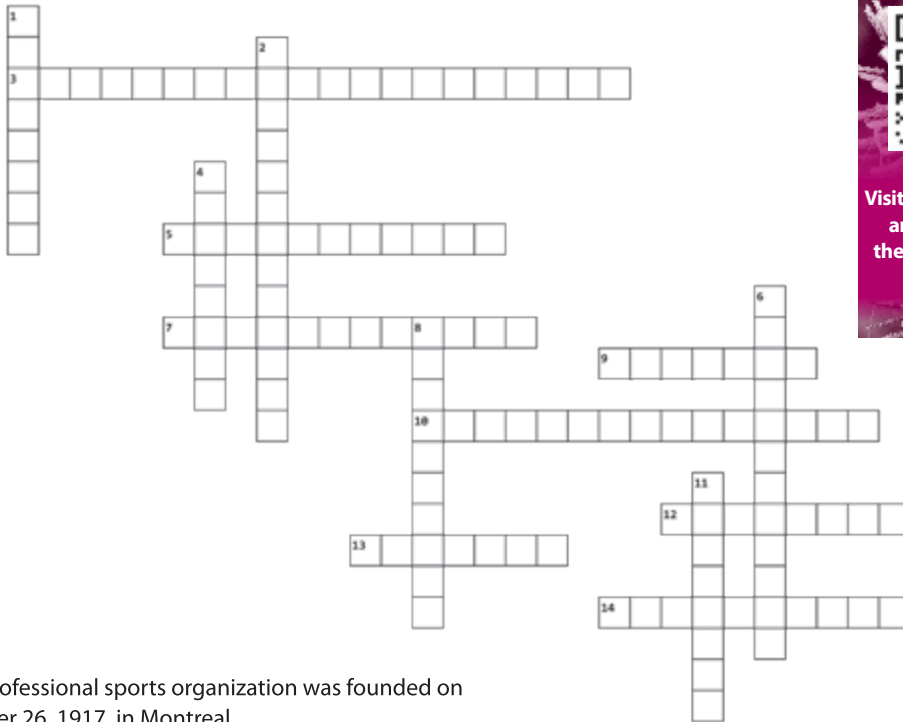
Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!



November Crossword



Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.



Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

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”.



The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from



constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!

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.

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.

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.

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.

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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

SCAN HERE TO VIEW ADDITIONAL RICHMOND / KNOB HILL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





MLA Calgary-Currie
Janet Eremenko

211 – 1608 17 Ave SW
Calgary, AB T2T 0E3

📞 403-426-4794

✉️ calgary.currie@assembly.ab.ca



MP Calgary Centre
Greg McLean

445 – 1414 8 Street SW
Calgary, AB T2R 1J6

📞 403-244-1880 📠 403-245-3468

✉️ greg.mclean@parl.gc.ca

November is a time for remembrance in tribute to the brave men and women who fought for the peace we enjoy today. It was an honour to join the annual Walk for Veterans back in September, which raised money for the Calgary Military Family Resource Centre situated in Calgary-Currie. I look forward to proudly wearing a poppy in the Legislature and attending several Remembrance Day ceremonies in Calgary.

Following a Throne Speech delivered on October 30, we're now officially back in session! Government hasn't sat in the Legislature since a month prior to the election. We're committed to holding the UCP to account on issues around healthcare, education, energy, and housing affordability. In addition, I will be focused on my Mental Health and Addiction critic portfolio, calling for the evidence and transparency that the government's approach to addiction is in fact saving lives and producing the outcomes our communities deserve.

The conversation around the Alberta Pension Plan is also a top priority. During the election, Danielle Smith told Albertans, "No one is touching anybody's pension." And yet, the government has launched a \$7.5 million campaign to convince you that pulling out of the CPP is a good thing.

The CPP is recognized as one of the best-managed pension plans in the world, made stronger and more resilient because of its size. Albertans are counting on that stability and performance record to provide for them in retirement, and Premier Smith's plan would undermine that. The idea is risky and reckless.

Most Calgary-Currie constituents I've heard from are against pulling out of the CPP. I'm very interested in hearing your opinions on the Alberta Pension Plan proposal. Please send your feedback by email or feel free to give my office a call.



November 11 is Remembrance Day, a time of reflection and gratitude. The sacrifices made, the lives lost, and the hopes for a peaceful tomorrow are etched in our collective memory. In knowing our past, we pave the way for a brighter future. We pledge to remember, ensuring that such devastation is never repeated.

To the brave souls who served and the indomitable spirit of those affected, we salute and honour you. Your resilience continues to guide us.

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them.

The conflict between Russian and Ukraine has continued for over a year and a half now. That tells us a few things: that the world is still subject to conflict between nations who believe that their relative size and strength are more important than people's free will to choose their own way of life; and, despite the relative differences in apparent capabilities, there is no quick subjugation of a people who will fight to uphold their values. The latter is good (in my opinion), but it means that the awful price in lives and destruction will continue. I think the resolve of our free world is being tested, and we must rise to the occasion. If this Russian 'annexation' of an independent and democratic country is not stopped, then this behaviour will continue in the world. There is much at stake, and it is imperative that our support for Ukraine's continued independence remains strong.

This is a moment in history, and we ignore the consequences of complacency at our peril.

Please contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880 and keep up to date on my work in Parliament on my website, GregMcLeanMP.ca.

Sincerely,

Greg McLean



Richmond-Knob Hill Real Estate Update

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

	Median Asking Price	Median Sold Price
September 2023	\$ 879,000	\$ 885,000
August 2023	\$ 686,950	\$ 699,250
July 2023	\$ 849,950	\$ 850,000
June 2023	\$ 799,000	\$ 790,000
May 2023	\$ 917,450	\$ 872,500
April 2023	\$ 829,900	\$ 811,000
March 2023	\$ 674,950	\$ 712,000
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

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

	No. New Properties	No. Properties Sold
September 2023	24	21
August 2023	23	18
July 2023	17	16
June 2023	23	18
May 2023	23	22
April 2023	13	17
March 2023	19	18
February 2023	22	11
January 2023	12	10
December 2022	7	7
November 2022	10	8
October 2022	8	6

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



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!




Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



MATS
Commercial mat rentals and purchases



HOSPITALITY SERVICES
Linen for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR
Workwear and cleaning of uniforms and coveralls



CLEANING
One-stop service for cleaning supplies and paper products

calgarymatandlinen.com

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



SCAN ME



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING