

APRIL 2024

DELIVERED MONTHLY TO 3,275 HOUSEHOLDS

# your RICHMOND KNOB HILL

BRINGING RICHMOND & KNOB HILL RESIDENTS TOGETHER



**CHOOSE A \$100 GIFT CARD FOR VISITING THE DENTIST\***

 **EMERGENCIES**

Got a tooth problem? Same-day appointments and treatment often available.

 **CONVENIENCE**

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

 **DIRECT**

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



\*visit our website for details

[bowtraidental.com](http://bowtraidental.com) | 587-871-5224

# GET NOTICED

**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](mailto:sales@greatnewsmedia.ca)



**SCAN ME**

**GREAT NEWS MEDIA**

LEADERS IN COMMUNITY FOCUSED MARKETING

# Come home to all-inclusive active living

The Edward offers a new calibre of boutique retirement living, including five-star dining, design-forward suites, and helpful concierge and chauffeur services.

Studios start at \$4,175  
One bedrooms start at \$4,300

THE  
**EDWARD**  
An OPTIMALIVING Community



Scan or call to book a tour.

**403-265-3023**



[edwardliving.com](http://edwardliving.com)

55+

## OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



403-837-4023

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



## Your Patio Furniture Superstore!



**YETI** **weber**

### Wicker Land Patio

TRAEGER **BBQ LAND** RATANA **Modern Patio**

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



# Spring Cleaning Your Finances

by Danielle Robbertze

Do you have a bunch of documents, statements, receipts, and more lying around? Well, April is the perfect time to sort this all out. April is often the time for spring cleaning. Although this mostly involves general cleaning of your house or donating items you no longer need. This time can also be used to 'spring clean' your finances.

Here are a few tips on how you can spring clean your finances this year:

### 1. Sort, Sort, and Sort Some More

Sort your financial documents into categories, this way it becomes easier to manage. Categories can include bank statements, bills relating to your home, receipts, contracts, and miscellaneous. Throw away (or shred which is a more secure option) that which is old and no longer relevant. This could be bank statements for an old credit/debit card, bills from a previous residence, or pay slips older than three months.

Create a filing system with labelled folders in a secure area of your house. Once this filing system is set up it becomes easy to file new documents and throw out old ones.

### 2. Consider Digital

Some documents are best to keep as hard copies such as rental agreements, mortgage statements, and work contracts. However, documents such as bank statements and receipts are available online these days which can be easily filed digitally either through Google Drive or directly on your computer.

### 3. See Where You Can Start Saving

Once everything is organized it becomes easier to see where your money goes every month. Consider creating an Excel sheet where you can clearly see where you spend your money. Here you can also create categories such as income, savings, bills, subscription fees, groceries, bank accounts, loans, and miscellaneous (spending on clothes, recreational activities, and luxury items).

Indicate in green the money that comes in your account monthly and indicate in red the money that comes out. You can create an easy equation after doing this to see how much money you have left every month.

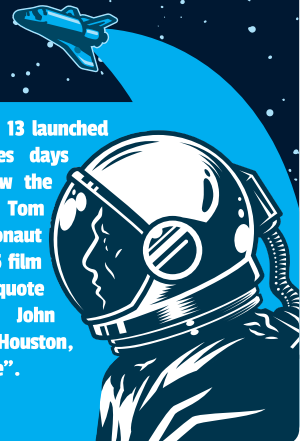


When all this is done you could possibly see that you no longer use a certain subscription and could save money by unsubscribing, or you have a bank account you no longer use which you can close.

All of this may seem like a bit of a hassle, but once it is done you will not regret spring cleaning your finances. It will only make your life easier moving forward.

## HOUSTON, WE HAVE A PROBLEM

On April 11, 1970, Apollo 13 launched and ran into difficulties days later. But did you know the famous line uttered by Tom Hanks (who plays US astronaut James Lovell) in the 1995 film is wrong! The correct quote uttered by astronaut John Swigert first was "Okay, Houston, we've had a problem here".



# BARKER'S

• FINE DRY CLEANING •

## PICK UP & DELIVERY SERVICES



403-282-2226



## 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 2024	\$567,450	\$572,625
January 2024	\$619,443	\$627,444
December 2023	\$599,900	\$575,000
November 2023	\$510,000	\$507,875
October 2023	\$554,950	\$559,319
September 2023	\$664,999	\$682,000
August 2023	\$625,000	\$658,000
July 2023	\$673,950	\$685,000
June 2023	\$515,000	\$520,000
May 2023	\$675,000	\$645,000
April 2023	\$627,000	\$629,250
March 2023	\$585,000	\$620,000

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

	No. New Properties	No. Properties Sold
February 2024	7	10
January 2024	7	8
December 2023	6	7
November 2023	12	6
October 2023	10	16
September 2023	13	10
August 2023	17	17
July 2023	21	18
June 2023	22	19
May 2023	14	11
April 2023	15	14
March 2023	18	23

To view more detailed information that comprise the above MLS averages please visit [rich.mycalgary.com](http://rich.mycalgary.com)



SUNIK  
ROOFING



**HAIL CLAIMS WELCOME**  
We do roofing, siding, and exteriors



- Sunik Roofing has been in business for 34 years
- Winner of the Consumer Choice award for 14 consecutive years, and the BBB Ethics award
- BBB member for 30 years
- Estimators are Journeymen roofers



403-280-2803 | [www.sunikroofingcalgary.ca](http://www.sunikroofingcalgary.ca)



### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

# How to Heal from Intimate Betrayal

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

- 1. Seek Professional Help** - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.
- 2. Practice Self-Compassion** - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.
- 3. Establish Healthy Boundaries** - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.
- 4. Engage in Self-Care Activities** - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.

**5. Join a Support Group** - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.

**6. Journaling** - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.

**7. Educate Yourself** - Learn about the impact of betrayal trauma and explore resources on healing and recovery.

**8. Practice Mindfulness** - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.

**9. Express Yourself Creatively** - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.

**10. Challenge Negative Beliefs** - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

**11. Cultivate Forgiveness** - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

**12. Engage in Healthy Relationships** - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

**13. Set Realistic Expectations** - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

**14. Practice gratitude** - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

**15. Connect with your Spirituality** - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

**16. Engage in Activities You Enjoy** - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

## Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



**17. Practice Relaxation Techniques** - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

**18. Seek Closure** - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

**19. Focus on Personal Growth** - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

**20. Celebrate Milestones** - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.

**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**



## BRAIN GAMES SUDOKU

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

**SCAN THE QR CODE FOR THE SOLUTION**









# 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.

**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.

**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](http://www.communitymediation.ca), 403-269-2707.

**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](http://YardBustersLandscaping.com).

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**RICHMOND | KNOB HILL PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.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.

**BLUE WAGON LAWN CARE:** A local student-owned business now offering spring cleanup services! Aeration, power raking, fertilizer, leaf cleanup. 700+ homes served. Limited spots are available so book now to keep your lawn lush this summer. Contact Anette at 403-984-6824, [sales@bluewagon.ca](mailto:sales@bluewagon.ca), or visit [www.bluewagon.ca](http://www.bluewagon.ca) to get a free instant quote!

*continued on next page*

# BUSINESS CLASSIFIEDS

## continued

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

**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 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**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](http://www.russellslawn.com) or call 403-686-LAWN (5296).

**TERRAVIEW LAWN CARE & LAWN PAINTING:** Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at [www.Facebook.com/TerraViewLawnCare](http://www.Facebook.com/TerraViewLawnCare).



**Gutter Doctor**

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

**403-714-0711 • gutterdoctor.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](mailto:greg.mclean@parl.gc.ca)

Just over two years ago, Russia invaded Ukraine, a sovereign nation with close ties to Canada. We have the largest number of people of Ukrainian descent outside of Ukraine and Russia. The Canadian Prairies have been home to Ukrainian descendants for over a century, and now we have welcomed over 230,000 Ukrainians fleeing for their lives from Putin's War, not knowing when or if they will ever get home.

The Ukrainian people and soldiers continue to inspire and defy the odds as they bravely fight the Russian offensive and occupation of their nation. These heroes are not simply fighting a war for themselves, they are the vanguard for the nations of Europe and all the world's democracies. History has shown that we ignore this aggression at our peril.

Ukraine's military has suffered over 30,000 casualties and according to the UN, more than 10,000 civilians have been killed in the two years of conflict, and more than 20,000 have been injured. What happens in Europe is felt in Canada. We see the effects of a war in Ukraine echoed in our economy, our supply chain limitations, the price of goods and commodities – to say nothing of the 1.4 million Ukrainian Canadians watching their ancestral homeland invaded by a regime that does not respect human life.

President Vladimir Putin's aggression and dismissal of the Ukrainian people is also a threat to Canadian and international safety and paves the way for other rogue leaders to follow suit.

We stand with Ukraine. Slava Ukraini.

Sincerely,

*Greg McLean*





Fresh Jock

## 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 effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT

**403-726-9301**

[calgaryfreshjock.com](http://calgaryfreshjock.com)



## Hate Your Renewal Rate? Call Me!

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

*Licensed by Avenue Financial*

[www.kilbco.com](http://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**

# CALGARY MAT & LINEN *SERVICES*

403.279.5554  
calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

## Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



## Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

## Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



## Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

**VISIT OUR WEBSITE**



**CONTACT US**

