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epilepsycalgary.com

MARCH 26
Purple Day



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☒ CHECKLIST

9 PM
ROUTINE



CALGARY
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- 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



MSJD
TREE SERVICES

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Tree Services | Shrub Pruning | Hedge Pruning
Spring Clean Up | Summer Lawn Maintenance

March is a good time to get out into the garden and prune trees and shrubs for performance and health before spring arrives. There are several other reasons to prune in winter or when trees are dormant, such as removing dead wood, and establishing and/ or maintaining good tree structure while it's frame is still visible before leaves emerge, or keeping the plant healthy by removing diseases such as black knot. Another Reason is elm tree pruning – the window for pruning your elm tree is between October 1 and March 31 when there is no risk of spreading the disease, and when preventative pruning of dead, damaged or diseased elm trees or their limbs should be removed.

info@msjdservices.ca | calgarylandscaper.ca

Getting Help with Substance Use

by Alberta Health Services

One life lost to overdose is too many. The impacts are far reaching.

AHS is here to help. Support and treatment are available to individuals struggling with substance use, including help for family and friends left behind.

Resources and Treatment

- **AHS Addiction and Mental Health Community Clinics:** Services are available to serve children, families, and individuals. If you need to speak to someone, call the Mental Health Helpline at 1-877-303-2642 or the Addiction Helpline at 1-866-332-2322. Trained staff are available to offer support at those numbers 24/7.
- **Opioid Agonist Treatment Clinics in Alberta:** Provides treatment to people dependent on opioids and helps them access services they need to live healthy lives. Individuals can self-refer, or referrals can come from any healthcare professional or a community agency. Services are voluntary and confidential. For more information on how to access care, individuals can walk in or call any AHS opioid dependency program clinic.
- **Virtual Opioid Dependency Program:** Available anywhere in Alberta, VODP provides same-day access to addiction medicine specialists. There is no wait list. To access, call 1-844-383-7688, seven days a week, from 8:00 am to 8:00 pm daily.
- **The Digital Overdose Response System (DORS):** A free, discreet mobile app that can help prevent overdose deaths among people using opioids and other substances while alone.
- **Naloxone Kits:** Naloxone is a drug that temporarily reverses effects of an opioid poisoning.

Helplines

- **211 Alberta** – Information on community and social services.
- **Addiction Helpline** – 1-866-332-2322 for recovery-oriented care support.
- **Health Link 811** – 24/7 health advice and information.

Friends and Family

- People in need of support are encouraged to reach out to someone they trust. Talk to a family member, friend, or someone you can be honest with to talk through your concerns.
- If you notice people in your life who may be struggling, reach out to them. Offering support can include mentioning what you have noticed, listening to their concerns, and connecting them with some of the resources noted above. Starting a conversation does not require you to be a counsellor or an expert, just a caring person offering support and hope.




BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION





Richmond-Knob Hill Real Estate Update

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

	Median Asking Price	Median Sold Price
January 2024	\$833,500	\$859,250
December 2023	\$849,900	\$840,000
November 2023	\$899,000	\$895,000
October 2023	\$893,950	\$890,000
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

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

	No. New Properties	No. Properties Sold
January 2024	21	12
December 2023	5	11
November 2023	12	9
October 2023	16	16
September 2023	23	21
August 2023	22	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

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

GAMES & PUZZLES

Guess the Country!

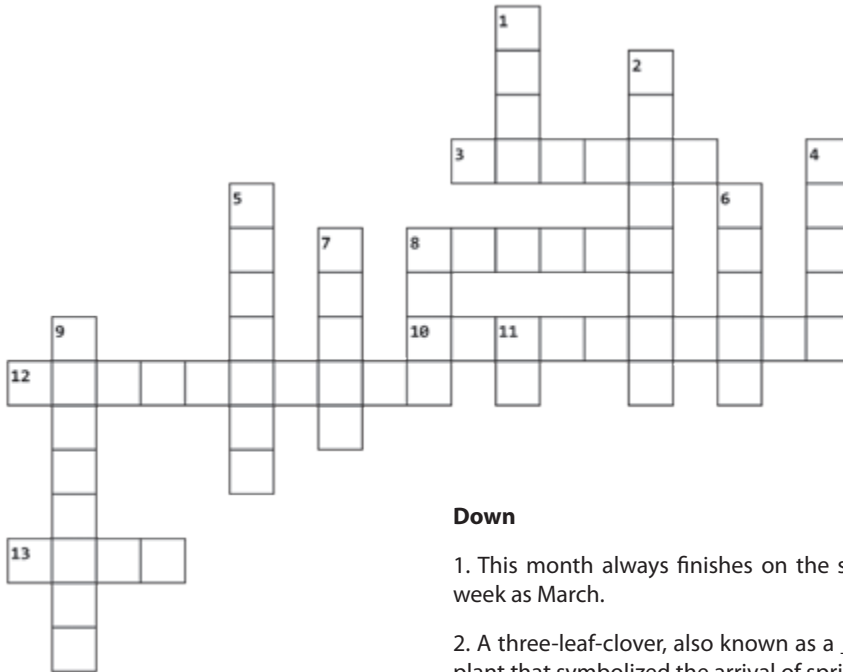
- Over 80% of this Asian country is mountainous.
- This European country is also known as The Emerald Isle.
- Asmara is the capital of this African country.
- It is mandatory in this South American country to play the national anthem twice on television and radio every day.
- This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
- This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



SCAN THE QR CODE FOR THE ANSWERS!



March Crossword



Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* _____ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.

- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.



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RICHMOND / KNOB HILL CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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Spicy Chicken Curry

by Jennifer Puri



Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.

Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as "red gold" is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 5 to 6

Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 ½ tps powdered red chilli peppers

- 2 bay leaves
- 1.5 tps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

Directions:

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.

Bon Appétit!



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We're back in Edmonton this month! And since I don't expect most folks are watching the Legislature livestream, I wanted to quickly review some of the debates we had in the Legislature in the fall.

The first month of work was more focused on abstract legal housekeeping instead of on what Albertans are facing right now. The Throne Speech promised actions like an income tax cut, relief from electricity bills and auto insurance, and fixes to our healthcare system. We didn't get any of those.

Bill 2 outlines some Alberta Pension Plan details including a referendum. The NDP suggested amendments that would've made its results legally binding, ensured transparency on the question being asked, and ensured that non-partisan information was provided for voters. They were all voted down by the UCP majority.

Bill 3 updates previous legislation regarding a class action lawsuit against opioid manufacturers and marketers. While it's a necessary amendment and I support it, again it's just housekeeping. We need real action immediately to turn the tide on the record amount of overdose deaths occurring in Alberta.

Bill 8 brought changes to the Conflicts of Interest Act. Most notably, it removes the \$200 value limit on gifts MLAs can receive from an individual, which I found deeply concerning. Also, the Ethics Commissioner can no longer conduct investigations nor release reports during an election period. If you recall, Danielle Smith was found to have breached the Act eleven days before the election. Imagine not getting to see that information before voting for your representatives. I made sure to point this out during the debate.

If you want to catch me in action, I'm uploading clips from the Legislature to my very own YouTube page. I hope you'll check it out!

The link is youtube.com/@JanetCgyCurrie.

Take care for now.

Cats, Canines, & Critters of Calgary



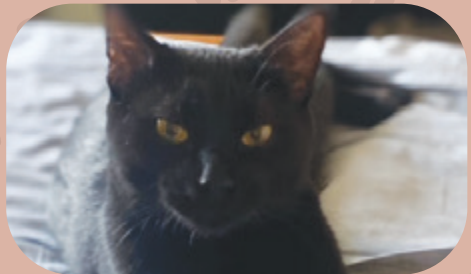
Chile Mango Bean, *Sundance*



Chloe, *Somerset*



Kiki, *Dalhousie*



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