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Calgary Coyotes

by Calvin Canis

With the days getting warmer and longer, and the snow gone, we can expect to see more of our coyotes while enjoying our parks.



Coyotes here can be expected to weigh 20 to 40 lb when fully grown. While they might live six to eight years in the wild, that can vary with the amount of good food available to them, the competition for food, and the prevalence of mange or other diseases in their population.

The coyotes had their mating season in February and March (when they are more aggressive towards dogs) and are now having their pups. At this time of year, you might see parents carrying pups to a new, cleaner den – keep dogs away from them. Like other wild animals, they conserve their energy needed to hunt for food. They adapt their schedules to take advantage of times of day when different foods can be had. While you could see them at any time of day, they are most active between dusk and dawn.



Coyotes will use both wildlife trails and man-made pathways when hunting. They are smart, fast, and very adaptable, and they will eat a wide variety of things. Their scat has been found to contain mostly rodents - mice, voles, rabbits, squirrels, birds (gophers and even insects in the summer). However, they also eat grouse, geese, or ducks (when available), grasses and (where humans live) pet food or other food left outside, food found in garbage, crab apples, and other fallen fruit. Wandering cats or unattended small dogs could also be on the menu – even dog poop, which contains nutrient from the food that dogs eat. While nursing pups, their diet includes bark from woody plants.

When food is scarce elsewhere, coyotes tend to come into our neighbourhoods at night, when there is less chance of encountering humans.



If you see them returning to your neighbourhood, it is because shelter or easy meals are expected there. For the safety of our pets and small children, this should be discouraged, and you should speak with your neighbours about reducing the things that attract them – like making sure that animals can't get into your garbage bins.

Never feed coyotes. That habituates them to us and inevitably leads to unsafe situations that may result in human injury or the death of the animal.

If they are going into your backyard, make sure to keep the fencing in good repair and use wire mesh where needed to prevent their entry. Keep your barbecues and areas around bird feeders clean.

Coyotes play an important role in our ecosystem by helping control the populations of rodents. Let's enjoy seeing them from a distance, when we encounter them, and avoid habituating them to humans, which is bad for both people and the coyotes.

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News, Events, & More



Crime Statistics



Real Estate Statistics



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How to Create Personal Happiness

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



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

1. Self-Awareness – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

2. Positive Mindset – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

3. Healthy Relationships – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

4. Work-Life Balance – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfillment outside of your work and work responsibilities. Create weekly structure and habits.

5. Self-Care – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfillment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

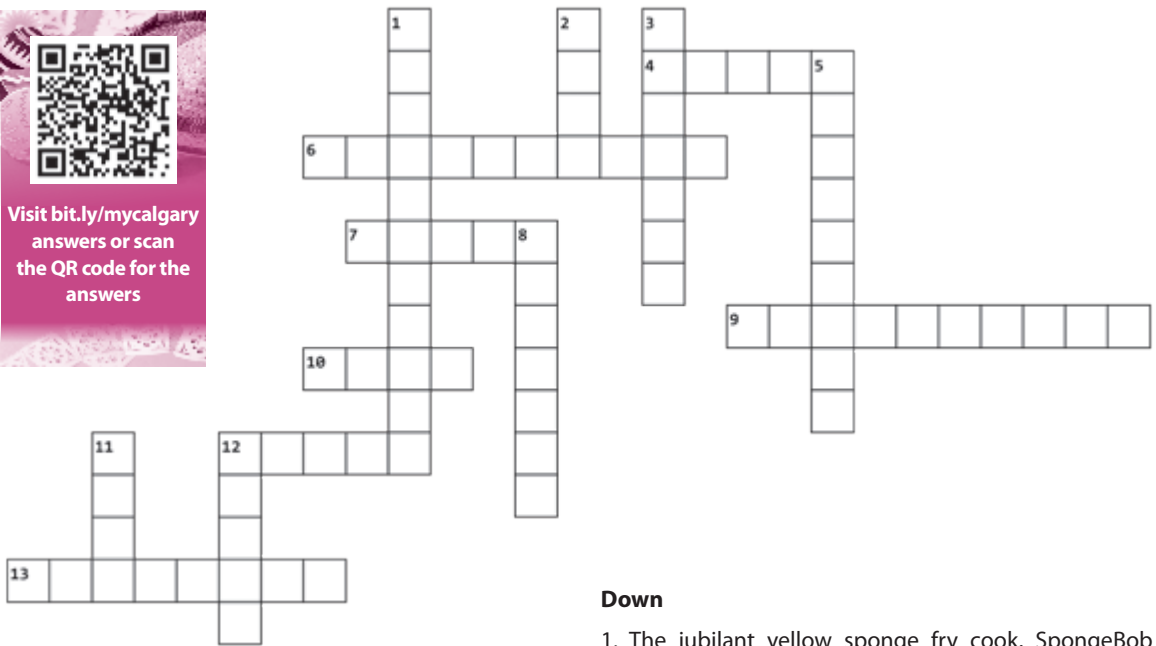
10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

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May Crossword



Across

4. On May 25, 1963, the legendary comedian Mike _____ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, _____ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of _____ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the _____ Derby.

Down

1. The jubilant yellow sponge fry cook, SpongeBob _____ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New _____* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of _____ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April _____ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, _____ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. _____ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.

Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes



Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



Long Live the Queen in White!

Ever heard of Victoria Day? It's an annual shindig in May celebrating Queen Victoria's birthday! Speaking of celebrations, did you know Queen Victoria revolutionized wedding fashion by strutting down the aisle in white. Before Victoria, brides would just wear their favourite dresses, no matter the colour, down the aisle.

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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 2024	\$ 874,900	\$ 845,000
February 2024	\$ 849,900	\$ 887,500
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

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

	No. New Properties	No. Properties Sold
March 2024	21	17
February 2024	12	19
January 2024	20	12
December 2023	5	11
November 2023	11	9
October 2023	15	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

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

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