

NOVEMBER 2024

DELIVERED MONTHLY TO 3,275 HOUSEHOLDS

# your RICHMONDKNOB THE

BRINGING RICHMOND & KNOB HILL RESIDENTS TOGETHER



**CALL 403-764-6510**

COMFORT, CARE AND CONVENIENCE

**NEW**  
COMPREHENSIVE  
PATIENT PACKAGE

Book in for your comprehensive exam with X-rays and hygiene appointment and receive:

In-office Zoom Whitening Value \$399 **FREE!**

**ACCEPTING NEW PATIENTS, DIRECT BILLING,  
OPEN EVENINGS & SATURDAYS, NO INTEREST FINANCING**

**#315 - 3332 20 St SW**

Located above Blush Lane in Marda Loop

**www.odeondental.ca**

# 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



**MEOW**  
Charity Thrift Shop

owned & operated by

**MEOW**  
Foundation

# Shop Volunteer Donate

100% of proceeds go  
to supporting local cat  
rescue & adoption.

2 Calgary Locations

North: 110-336 41 Ave NE

**NEW** South: 3711 61 Ave SE



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

## GAMES & PUZZLES

### Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

## 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)

# Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### **When an emergency vehicle approaches with lights and siren activated:**

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
  - On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
  - Move right or left to the nearest curb on one-way streets.
  - On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
  - Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

### **When operating a vehicle:**

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.





## 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 2024	\$ 859,000	\$ 859,000
August 2024	\$ 429,900	\$ 457,600
July 2024	\$ 879,450	\$ 872,000
June 2024	\$ 859,950	\$ 884,675
May 2024	\$ 995,000	\$ 990,000
April 2024	\$ 875,000	\$ 900,000
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	\$ 850,000
October 2023	\$ 893,950	\$ 890,000

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

	No. New Properties	No. Properties Sold
September 2024	15	11
August 2024	14	7
July 2024	17	4
June 2024	15	16
May 2024	23	17
April 2024	18	23
March 2024	20	17
February 2024	12	19
January 2024	20	12
December 2023	5	11
November 2023	11	9
October 2023	15	16

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



## Time to Renew Your Mortgage?

Don't Settle – Discover Better Rates and Options! Get Ready to Save Big!




# ANITA


403-771-8771  
anita@anitamortgage.ca

*Licensed by Avenue Financial*

BRAIN GAMES
SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



# Northern Flickers in Calgary

by Cole Aptes

The Northern Flicker (also known as the Common Flicker) is the most common species of woodpecker found in Calgary.



These birds are eleven to twelve inches long, weighing 3.9 to 5.6 oz, and have a wingspan of sixteen to twenty inches.

They are a protected species under the Migratory Bird Convention Act. They go south for the winter.

They can be seen on the ground, eating beetles and ants. They use their long, curved beaks to dig for food and lick it up with their barbed tongues. In the forest, they live where there are good trees to nest in - usually dead or decaying trees - where an insect snack may be available nearby.

Their nesting period can last 27 days. Typically, they will have five to eight white eggs, in late May or early June, that hatch in eleven to thirteen days. These birds can live up to nine years.

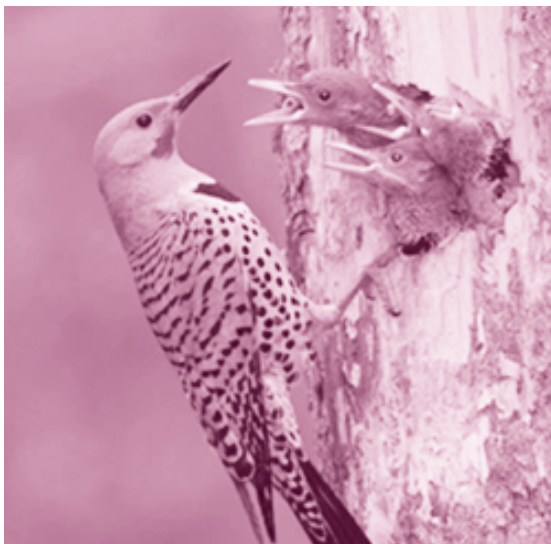
People are not as happy to see them on their homes. They cause millions of dollars in damage to stucco in Alberta each year. They especially like stucco covered Styrofoam, where they can make a hole and nest inside.

Unlike other woodpeckers, they will reuse a nest they have made the year before or one made by another woodpecker.

Visual deterrents seem to work to keep them away. People have had success with plastic molds of their predators - owls or hawks. Pinwheels and shiny things also work. They will not peck at your siding if there are no bugs in it.

This is a reason to choose Hardie Board instead of ordinary wood siding.

When looking for a mate, Northern Flickers make a loud, evenly spaced drumming sound by hammering their beaks against trees or metal objects. In some places, this has earned them the name "Yellow Hammers".



# Black Bears in West Calgary

by Ursula Bruin



Black bears are known for their sleek black fur, although colour variations can include brown, cinnamon, and even a rare white colour known as the Kermode bear or “spirit bear”. Adult black bears typically weigh 90 to 350 kg. They can smell food from a kilometre away and have flexible lips to eat fresh grass, insects, roots, berries, carrion, and garbage (when available). They are good swimmers and can run at a top speed of about 40 km per hour.

In the wild, black bears typically reach sexual maturity by age 2 to 5 and live 10 to 15 years - longer in captivity. They mate in June, but the fertilized eggs will (if the mother has enough body fat) implant in November, and they usually give birth to two cubs (each weighing less than 0.4 kg) in January, while hibernating in their dens. Nursing mothers often lose a third or more of their body weight over winter, while non-nursing bears lose only 15 to 25 percent.

The next spring, mothers continue to lead and protect their cubs until June, when the cubs are about 17 months old, and the mother becomes ready to mate again. She recognizes them for



several years, allowing them to remain in parts of her territory which she then avoids. She shifts her territory to include new adjacent areas if available or tolerates

overlap with her daughters if other areas are not available. Young males voluntarily leave their mothers' territories before reaching maturity, traveling up to 137 miles or more before settling down and establishing mating ranges.

Black bears are hibernating by November, when available food is scarcer, and it is not economic with calories to be foraging in the cold.

As Calgary expands, natural habitats for black bears and other wildlife are being altered or fragmented.

Bears are shy and are seldom found in the city. Their visits are in quieter areas near the river valleys, when looking for new territory - typically in August or September, when (years apart) black bears were seen in Bayview or Eagle Ridge (near the Glenmore Reservoir) feeding on berries or fallen apples. There was a visit to Discovery Ridge in recent years, in May, following which we have seen signs in west side neighbourhoods, all summer, asking that garbage bins not be left out overnight.



**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.

## Flatbread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.



### Peach and Prosciutto Flatbread

**Prep Time:** 10 minutes

**Cook Time:** 7 to 8 minutes

**Servings:** 2

**Ingredients:**

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

**Directions:**

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.



### Roasted Red Pepper and Olive Flatbread

**Prep Time:** 10 minutes

**Cook Time:** 10 to 12 minutes

**Servings:** 2

**Ingredients:**

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved
- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

**Directions:**

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!



# Stay Connected to Your Community!

by Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

### **Below are some tips that can help us practice connection and belonging:**

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others.

## **Chinook Blast 2025: Calling All Creators and Cultural Curators!**

*by the City of Calgary*

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

### **Calling All Installation and Visual Artists**

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

### **Calling All Market Partners**

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit [chinookblast.ca](http://chinookblast.ca).



## **BMAX BROKERS** MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

### **Services**

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ [info@bmaxbrokers.com](mailto:info@bmaxbrokers.com) | 📞 1-825-438-4653

## **Joke of the Month**

Dogs can't operate MRI machines.  
But catscan.



## **RIVER HORSE**

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.



# 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.

**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.

**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 and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**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.

**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.

**PRIVATE PRACTICE - REGISTERED MASSAGE THERAPIST:** Located in Richmond, I offer orthopaedic/sports massage, fascial techniques, and relaxation therapies. Enjoy personalized care with direct billing to most insurance companies. Visit www.crescentmassagewellness.com or contact Sydney Lee at crescentmassage.wellness@gmail.com to book your appointment today!

**CROWN RENOVATIONS:** Beautiful kitchen, bathroom and complete basement renovations at affordable prices. Over 40 years' experience in quality renovations. Full service custom cabinetry manufactured in Calgary. Local, licensed, bonded, and insured. Free in-house estimates. Full house renovations. Check out our website at www.crownrenovations.com. Contact Susan at 403-801-1140 or crownreno@shaw.ca.



SCAN HERE TO VIEW ADDITIONAL RICHMOND / KNOB HILL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics





**CALL 403-764-6510**

**COMFORT, CARE AND CONVENIENCE**

Affordable dentistry for the entire family with your comfort and care as our priority.

**NEW**  
**COMPREHENSIVE**  
**PATIENT PACKAGE**



Book in for your comprehensive exam with X-rays and hygiene appointment and receive:

**In-office Zoom Whitening**

Value ~~\$399~~ **FREE!**

Call us today for your new smile!



**ACCEPTING NEW PATIENTS, DIRECT BILLING,  
OPEN EVENINGS & SATURDAYS, NO INTEREST FINANCING**

**#315 - 3332 20 St SW**

Located above Blush Lane in Marda Loop

[www.odeondental.ca](http://www.odeondental.ca)

# Fall Town Hall with Janet Eremenko

MLA FOR CALGARY-CURRIE

**WED, NOV 13**  
**6:00 PM**  
**SCARBORO COMMUNITY**  
**ASSOCIATION**  
1727 14<sup>TH</sup> Ave SW



[linktr.ee/JanetCgyCurrie](https://linktr.ee/JanetCgyCurrie)