

FEBRUARY 2025

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

your RICHMOND KNOB T11H

BRINGING RICHMOND & KNOB HILL RESIDENTS TOGETHER



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**

CALL 403-764-6510
COMFORT, CARE AND CONVENIENCE

#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



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



EYE OPTOMETRY

VISION PROBLEMS? WE CAN HELP!

Our highly educated doctors take the time to ensure your needs are met with expert care!

- Specialized Pediatric & Senior Care
- Eyewear That Fits Your Personality
- Diabetic Eye Exams
- Vision Therapy
- Direct Billing

SCAN ME 

info@eyeoptometry.ca [\(403\) 727 4404](tel:(403)7274404) www.eyeoptometry.ca

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



Cats, Canines, & Critters of Calgary



Basha and Molly, *Elbow Scene*



Daisy Nulo and Nulo Pickles, *McKenzie Towne*



Howie and Pepper, *Crestmont*



Tucker and Bentley, *McKenzie Towne*

To have your pet featured, email news@mycalgary.com

Photo Gallery

by Khoa Nguyen



A Journey Through Winter

by Les Robertson

What should we do when there is snow on the ground?

More than you think, and this is what I found

You can build a snowman outside your front door

Or cuddle by the fireplace on your living room floor

You can take in a hockey game at your local hockey rink

or go for hike and try to spot a mink

Head out to the mountains and ski down the hills

Check out the scenery which is always a thrill

If you have a snowmobile there are many trails to explore

Glistening white frosted branches are easy to adore

Take out your snowshoes and glide across the land

Getting exercise in the cold or as much as you can stand

Find a winter carnival with ice sculptures on display
Watch the modern-day lumberjacks competing on that day

At home you reflect and take time to appreciate

While sipping your cocoa, you realize it must have been fate

Let Us Enjoy the Winter Season

CONTENTS

- 6 RICHMOND-KNOB HILL REAL ESTATE UPDATE
- 9 SAFE AND SOUND: FEBRUARY IS HEART MONTH
- 10 TAKE ON WELLNESS: LEARNING ABOUT POLYCYSTIC OVARY SYNDROME (PCOS)
- 14 YOUR CITY OF CALGARY: PROTECT YOUR HOUSEHOLD WATER LINES AND METER FROM FREEZING
- 15 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL RICHMOND / KNOB HILL CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.



Richmond-Knob Hill Real Estate Update

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

	Median Asking Price	Median Sold Price
December 2024	\$899,900	\$890,000
November 2024	\$849,900	\$835,000
October 2024	\$690,000	\$680,000
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

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

	No. New Properties	No. Properties Sold
December 2024	8	9
November 2024	16	13
October 2024	10	7
September 2024	15	11
August 2024	13	7
July 2024	14	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

To view more detailed information that comprise the above MLS averages please visit 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

Cat-and-Mouse Game

On February 10, 1940, the iconic cat-and-mouse duo, *Tom and Jerry*, made their big screen debut! Created by William Hanna and Joseph Barbera, this cat-and-mouse game would go on to capture the hearts of generations.



How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

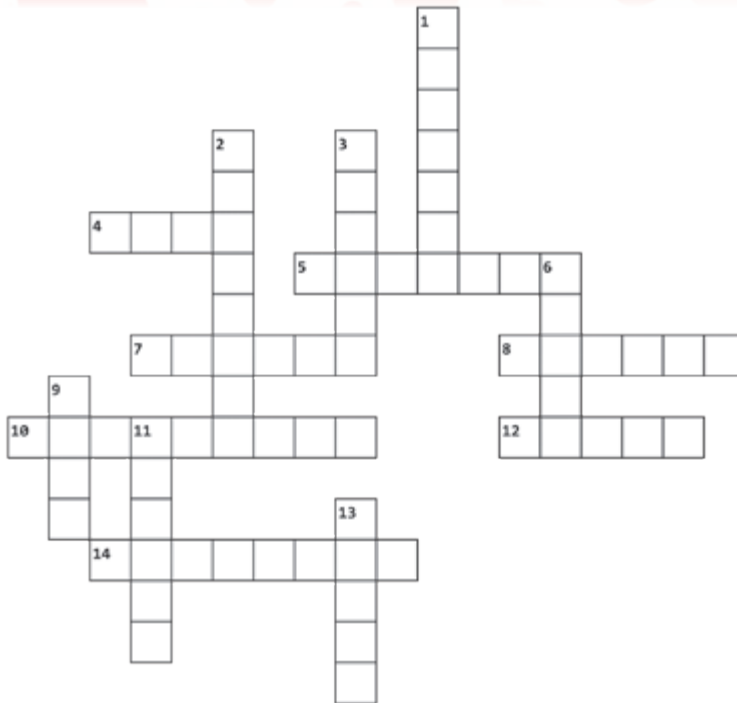
If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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 | ☎ 403-249-2269



Learning About Polycystic Ovary Syndrome (PCOS)

by Alberta Health Services

Polycystic Ovary Syndrome (PCOS) is a common condition that is caused by a hormonal imbalance. Hormones control the activity of different cells and organs in your body. With PCOS, the hormone imbalance can affect your period and your overall health. It causes the ovaries to produce higher levels of the hormone testosterone. With PCOS, your ovaries may also develop enlarged, fluid-filled follicles that are often referred to as cysts.

Because of the extra testosterone, people with PCOS may have:

- Missed periods, irregular periods, and very light periods (including spotting)
- Extra hair on the face or body
- Thinning hair on the head
- Severe acne
- Difficulty managing weight
- Difficulty getting pregnant
- Darkening of skin on the neck, armpits, or groin area
- If you notice sudden, unusual hair growth on your face or body or new wide purple stretch marks on your body, contact your healthcare provider right away.
- You may also have symptoms of:
 - Sleep apnea
 - Fatigue
 - Anxiety, depression, and mood changes

- High blood pressure, high blood glucose, and high blood lipids (your healthcare team can test for these things)

People living with PCOS may be at an increased risk of sleep apnea, diabetes, heart disease, pregnancy complications, and endometrial hyperplasia.

Visit Your Healthcare Provider

It's important to consult your healthcare provider about PCOS. Write down how you feel, your symptoms, when your symptoms started, what makes your symptoms better or worse, and any concerns you have. Make a list of questions and concerns. During your appointment, your healthcare provider may ask you several questions about your health history and your family's health history.

They may ask about your:

- Menstrual cycle
- Past pregnancies or attempts to get pregnant
- Unwanted hair growth
- Symptoms
- Weight management
- Medicines and supplements
- Ethnicity

These questions help your healthcare provider diagnose PCOS and know how to best support you and your overall health.

Your healthcare provider will also check your height, weight, and blood pressure. Because PCOS can increase your risk of diabetes and heart disease, knowing your

Leap Year



There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

current height, weight, and blood pressure will help your healthcare team manage these risk factors and also manage your PCOS symptoms.

Your healthcare provider may also do an exam to check for signs of high testosterone levels, insulin resistance, and other conditions. This exam includes:

- Looking for skin tags and dark, thick, velvety skin in your body folds and creases.
- Looking for extra hair in different parts of your body, especially on your face and chin. You may want to delay shaving, plucking, or doing any hair removal before your appointment.
- Looking for wide purple stretch marks in your belly area and other parts of your body.

Work with your healthcare team to decide what is best for you as you manage your PCOS and find resources and services in your community:

211 Alberta helps people in Alberta find the right resource or service for whatever issue they need help with. 211 is available any time, day or night, by phone (call 2-1-1), text, and online chat. It is confidential and available in over 170 languages over the phone.

The Alberta Healthy Living Program has workshops, classes, and services to improve your health and quality of life.

The Alberta Health Services Chronic Disease Management program has links and resources to help people living with chronic conditions.

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



Getting Active in the New Year

by Alberta Health Services

The New Year is a perfect opportunity to embrace healthier habits and prioritize well-being. You can start today.

Start by finding activities you enjoy, whether it's jogging, swimming, lifting weights, or joining a fitness class. Make movement a regular part of your routine. Although adding more activity to your life may seem overwhelming, it helps to start small. Make one lifestyle change that helps you move more regularly at an effort level that matches your current condition.

One Step at a Time

Walking is a great way to be active. For most people, walking is a safe activity, and it helps make the bones stronger and keep the joints healthy. It can make you feel less tired and can put you in a good mood. To help get into the habit of walking, try wearing a pedometer for a day or even a week. At the start, you might be surprised to see how few steps you take each day. To boost your daily step count, make simple changes in your daily routines like:

- Park a few blocks away from work and walk.
- Take the stairs instead of escalators or elevators.
- Walk in your neighbourhood before or after supper. Start with short walks and slowly increase the distance. Set new goals when you're ready.
- Invite a friend or family member to join. You may find you can walk longer when you walk with another person.

Remember, some activity is better than none. The more you do, the better. Finding activities you enjoy and that are practical is an important first step to becoming active.

Get Outside!

Spending more time being active outdoors offers many benefits like boosting your mental health, increasing energy, or lowering your risk of diabetes, heart disease, and some types of cancer. Although Alberta winters can be difficult because of the shorter days, cold weather, and snow and ice, there are many reasons to still get outside. Check out hard-to-reach places on snowshoes or skis or go skating outside. Being outdoors more can also make you feel good about your community.

It Doesn't Have to Be Hard

Most people who dance, swim, play tennis, or go hiking do these activities because they enjoy them. Having fun is good for your health. Taking part in an activity that you enjoy will help you relax and help lower your stress. It will help you feel good about yourself, which is good for your mental health. Physical activity doesn't have to be hard to be good for your body. If you don't like going to a gym, do something outside or walk in a mall.

What activity appeals to you? Try to find an activity you enjoy doing by yourself or with others. If you like what you're doing, you'll probably keep doing it. Find out about activities in your community to try new things and learn new skills.

Physical activity can help you live better as you grow older. Staying active will help you reach, bend, lift, carry, and move around easier, so you can keep doing things you like to do. The more you sit or lie around, the stiffer your joints get. Stretching and strength exercises will keep your muscles and joints moving and help stop falls and injuries.

Being active is safe for most people. Start slowly and work your way up. If you aren't sure about how much activity you can do, talk to your healthcare provider.

Physical activity doesn't need to be dull or boring. Do activities you enjoy more often. You may be surprised how quickly you start to feel stronger and like you have more energy.



Watching for Head Lice

by Alberta Health Services



Head lice are tiny insects that live close to the scalp, where they lay and attach their eggs (nits).

Head lice are most common in children and typically spread anytime a child's head is in contact with the head or hair of someone else who has lice.

There are common misconceptions and stigma around head lice. These are a few important points to remember about head lice:

- They are not dangerous.
- They do not spread disease.
- They do not have anything to do with how clean someone is.
- They cannot survive unless they are close to the scalp.
- They cannot fly or jump.

Symptoms

Head lice may cause an itchy feeling on the scalp. This is because of your body's reaction to the lice bites. But not everyone has itching, and not all itching means you have lice. Lice can be on the scalp for four to six weeks before itching starts.

Diagnosis

You can check for head lice at home. Under a bright light, use a fine-toothed comb and part small sections of hair to look for live lice and eggs (nits). Using a magnifying glass can help too. It may be easiest to find them on the back of the neck at the hairline or behind the ears.

Live lice are tan to greyish white. They're about the size of a sesame seed. Nits look like tiny yellow or white dots attached to the hair, close to the scalp. They're often easier to see than live lice. Nits may look like dandruff, but you can't pick them off with your fingernail or brush them away.

Treatment

There are several over-the-counter medicines that kill lice. Most of them are creams or shampoos that you put on the scalp. Each type of medicine is a little different, so it's important to follow the directions carefully. Your doctor or pharmacist can help you choose a medicine that is safe.

You may also want to try wet combing, which can help physically remove the lice and nits. Use a comb with teeth that are close together. You can also find special lice combs in pharmacies.

Remember to check your scalp for live, active lice twelve hours after treatment. If you find any, talk to your doctor. You may need a different type of treatment.

Prevention

Check everyone in your home for lice. If your child shares a bed with someone, the other person should be treated too. (Don't worry about pets. They can't get lice). Teach your children not to share anything that comes into contact with hair. For example, don't share hair bands, towels, helmets, hats, combs, or brushes.

You don't need to spend a lot of time or money deep cleaning your home. But it's a good idea to:

- Soak hairbrushes, combs, barrettes, and other items for ten minutes in hot water.
- Machine-wash clothes, bedding, towels, and hats that touched the head in the last two days in hot water. Dry them in a hot dryer. If you don't have access to a washing machine or if items can't be washed or dried, store these items in a sealed plastic bag for fourteen days.
- Vacuum carpets, mattresses, couches, and other upholstered furniture.

Protect Your Household Water Lines and Meter from Freezing

by *The City of Calgary*



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Together Let's Send Winter Down the Drain

by *The City of Calgary*

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

How You Can Help

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit calgary.ca/stormdrains and use our map to find the location.

We're Here to Help If Your Storm Drain Is Frozen

If water is pooling on your street and you suspect the storm drain is frozen, contact 3-1-1. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 3-1-1 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

Our crews respond to requests attending first to areas impacting public safety and where excess water may cause property damage.



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.

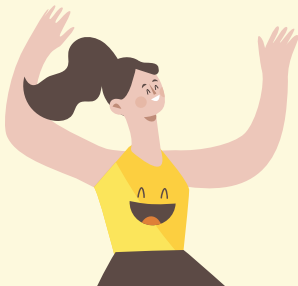
K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie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

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.

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.

HOME DECOR CONSIGNMENT STORE: Looking for consigners! If you are moving or downsizing and want to make some extra cash, become a consignor with a locally owned business, over 15 years of experience, we specialize in reselling home décor/kitchenware. Call 403-398-7544, text 403-966-0467, or email zoesstoreyyc@gmail.com. Zoe's Store: Located at 1403 14th Street SW. https://zoesstore.com/.





Word of the Month

Eudaemonia: noun (yoo-di-moh-nee-uh)
Happiness, well-being, good spirit.

We are all trying to experience Eudaemonia.



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



TASK FORCE
ANIMAL HOSPITAL

Calgary's first not-for-profit veterinary hospital, supported by donations

There is a critical need for accessible, subsidized, quality veterinary care



Coming to Calgary in early 2025

cataskforce.org

help keep families together

Registered Charity No.
825596018 RR0001