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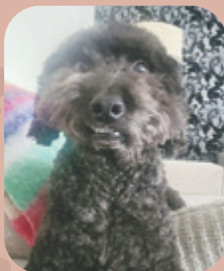
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Dazi, North Glenmore Park



Jack, Seton



Leo, Nolan Hill



Rosie, Renfrew



Tango, Palliser



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Toulouse, Killarney

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## Age-Friendly Calgary Essential Numbers for Seniors in Calgary

<b>9-1-1 Emergency (24-Hour)</b>	<b>403-SENIORS (403-736-4677)</b> The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
<b>8-1-1 Health Link (24-Hour)</b>	<b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
<b>3-1-1 City of Calgary (24-Hour)</b>	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1 Community Resources (24-Hour)</b>	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .	Confidential information and support, or to report a suspected case of elder abuse.
Telephone language interpretation service available on all lines.	



## On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow  
A little larger every day  
They never seem to fill them in  
We zig and zag along the way

On Deerfoot Trail bad tempers show  
The need for speed in rush hour mess  
The faster lane ain't always faster  
The quicker route ain't always best

On Deerfoot Trail the snow plows blow  
They clear the slushy slop away  
But cars still slide into the ditch  
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow  
Like blood cells flow within a vein  
The city's major artery  
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo  
Corralled commuters, Calgary  
Bronc riding on this road together  
Until we exit, until we're free

BRAIN GAMES

SUDOKU

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

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FOR THE SOLUTION



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Learn more about your Calgary Catholic School District Board of Trustees!

## Board Advocacy Priorities

*"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." – Romans 15:13*

As we welcome our Calgary Catholic family into a new year, we do so with warmth, gratitude, and a renewed sense of hope. January naturally invites us to reflect on what has been, while looking forward with optimism to the opportunities and responsibilities that lie ahead. It is a season of new beginnings—both in our classrooms and in the work of the newly elected Board of Trustees.

The board is energized as we continue our commitment to advocating for every student entrusted to our care. Our shared mission remains clear: ensuring that each child has the tools, resources, and support needed to know God, to learn, and to reach their fullest potential. Just before Christmas, the board launched its new advocacy brochure, a tool designed to support meaningful engagement and collaboration with our shareholders. This brochure highlights the three key advocacy priorities that will continue to guide our work in the year ahead: Funding, Infrastructure, and Classroom Complexities.

Over the past year, we have observed encouraging movement in each of these areas. However, meaningful and lasting change requires sustained effort. The board remains steadfast in advocating for equitable and sustainable funding for all students, appropriate resources to build and open much-needed Catholic

schools in growing communities and increased staffing and supports to address the rising complexities in today's classrooms. The momentum behind our advocacy efforts continues to build, and this momentum is essential to meeting the diverse needs of our learners. Learn more here: [ccsd.ab.ca/advocacy](http://ccsd.ab.ca/advocacy).

Simon Sinek wisely reminds us, "If you want to go fast, go alone. If you want to go far, go together." This truth is at the heart of our approach. The board cannot advocate alone—we rely deeply on the voices of our parents, who are indispensable partners in Catholic education. With this in mind, we warmly invite all school council chairs and parents to attend the January Parent and Trustee Forum, held at Father Lacombe High School on January 27. Your voice matters, and your presence strengthens our efforts. Learn more here: [ccsd.ab.ca/school-council](http://ccsd.ab.ca/school-council).

As we step into 2026, we look forward to the stories, successes, and challenges that will unfold—each as unique as the more than 64,000 students we are blessed to serve. May this year be filled with hope, faith, and the joyful promise of what we can achieve together.

*Lory Iovinelli, Chair, CCSD Board of Trustees*



## Giant Snowflake

On a cold winter's day in Fort Keogh, Montana, on January 28, 1887, a snowstorm created something truly magical and massive. Witnesses reported the world's largest snowflake at a whopping 38 cm wide and 20 cm thick! Snow kidding!

# Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.



# The Art of Finding Work: What if I Told You Ageism Doesn't Exist?

by Nick Kossovan



When you read the title of this column, where did your focus and mental energy immediately go?

What if, when job searching, instead of obsessing about all the things you can't control—biases, economic factors, the job market, employer's hiring process—you focused on what you can control, such as creating and maintaining a professional network, tailoring your resume and cover letter for each application, managing your digital footprint, and cultivating a positive mindset. Wouldn't this be a more effective approach to your job search?

Every job seeker I encounter seems fixated on what they can't control. LinkedIn has become an echo chamber

of pity, dominated by posts vilifying employers, giving unsolicited advice to employers who'll never read it, and venting about ageism, being overqualified, or ghosting. Participating in these discussions doesn't reflect well on you when employers check your profile to evaluate whether you're interview-worthy.

You're likely familiar with the quote attributed to theologian Reinhold Niebuhr: "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." This emphasizes the importance of accepting situations you can't change and directing your energy towards what you can influence.



### **As a job seeker, you can't control:**

**Someone's Biases:** Do yourself a favour; stop trying to control the beliefs and behaviours of other people. Whether it's age, ethnicity, or any other characteristic, you can't change how someone perceives (read: interprets) you. Biases are a fact of life, and dwelling on them only drains energy.

**Speaking of biases:** Why do people fail to recognize their own biases but see them in others?

**The Economy and the Job Market:** Yes, economic downturns, market fluctuations, industry trends, government policies, and global events contribute to the job market landscape, but you have no influence over them. My advice is to say to yourself, "It is what it is," and turn your attention elsewhere.

**The Hiring Process:** Employers own their hiring process. You can't control how an employer structures their hiring process, accesses candidates, or how long they take to make a decision. Since no two employers hire the same way, job searching is unpredictable, leading to frustration if you let it dominate your mindset.

I often see the unpredictability of hiring; what one employer views as a positive might be seen as a negative by another. For example, hiring manager A might determine, based on the level of your previous job and/or your age, that you're overqualified and, therefore, will soon become bored and leave. Conversely, hiring manager B might perceive you as a potential role model for younger employees, in addition to bringing a wealth of knowledge and experience.

**Subjective perception,** the basis for creating bias, plays a crucial role in hiring decisions.

**Company Culture:** You're either a fit or you're not. Trying to contort yourself in hopes of appearing to be someone who'll "fit in" is pointless. If you get the job but can't be yourself, you won't be happy. Hiring managers know their company's culture much better than you, especially its nuances; hence, trust them if they determine you won't be a good fit.

**Past Experiences:** What's done is done. If there's anything to learn from a mistake, do so and move on. Dwelling in the past only creates unnecessary anxiety.

### **As a job seeker, you can control:**

**Creating and Maintaining a Professional Network:** Your professional network is your lifeline in terms of job search and career advancement; thus, it's the most influential factor in your job search. Given that the correlation between networking and job search success is common knowledge, you undoubtedly know the primary benefit of networking is access to unadvertised opportunities.

I highly recommend reading *Never Eat Alone* by Keith Ferrazzi.

**Tailoring Your Resume and Cover Letter:** Each job application should feel personalized, highlighting your skills and experiences that directly relate to the position you're pursuing. "I applied to over 700 jobs in three months" isn't a flex. As far as job searching is concerned, submitting two quality applications daily is significantly better than the 'spray and pray' method that most job seekers resort to.

**Your Digital Footprint:** Be mindful of your online presence. Your social media activity reflects your professionalism. A messy digital footprint is a red flag to employers, just as not having one makes you appear out of touch.

**Practicing Interview Skills:** The best hack I know for honing your interview skills is to have more conversations with family, friends, acquaintances, and strangers and ask more open-ended questions ("How did you spend this past weekend?" "What made you decide to become an accountant?" "What's your go-to restaurant?"). The more comfortable you become having conversations, the better you'll perform in interviews, which are essentially a conversation.

**Maintaining a Positive Mindset:** Your attitude impacts your job search. Control your mindset by practicing mindfulness and gratitude. Focus on what you can achieve, not on what you believe is holding you back.

Another book recommendation: *Rewire Your Mindset: Own Your Thinking, Control Your Actions, Change Your Life!* by Brian Keane.

As in life, what you focus on determines where your energy goes; therefore, choose your focus wisely.



## AUTO THEFT PREVENTION

# NEVER LEAVE A VEHICLE RUNNING & UNATTENDED

INSTALL A  
**REMOTE  
STARTER**

OR

**STAY WITH  
YOUR RUNNING  
VEHICLE**

**DON'T LEAVE  
KIDS OR PETS  
IN A VEHICLE**

**REPORT SUSPICIOUS ACTIVITY IMMEDIATELY  
BY CALLING 403-266-1234**

Auto thefts are crimes of opportunity. Do your part to keep your vehicle safe.



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SERVICE

## B-A-N-A-N-A-S

Have you ever wondered why a banana is shaped the way it is? They are actually curved because they bend towards the sun! This is a phenomenon known as negative geotropism, which is when plants grow upward instead of towards the ground. Isn't that B-A-N-A-N-A-S?!

# Understanding Mental Health

by Recovery Alberta – Community Health Promotion Services



Mental Health is complicated. There are many ways to talk about it, and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are:

### 1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay and you are not experiencing any mental distress, problems, or disorders.

### 2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

### 3. Mental Health Problem

The layer second from the top is mental health problems which is an indicator that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

### 4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout the lifespan. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the Big Five to Thrive!

### The Big Five to Thrive

- 1. Exercise:** This could be a walk in the community or a session at the gym.
- 2. Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- 3. Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself by those who lift you up.
- 4. Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- 5. Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas can improve the other areas. Consider steps that are practical to you to better your mental health!

# Submit a Nomination for the Calgary Awards by January 26

*by The City of Calgary*

Do you know a neighbour, colleague, community leader, local group, or company that makes Calgary an incredible place to live, work, and play? Then consider nominating them for a Calgary Award.

For more than 30 incredible years the Calgary Awards have recognized outstanding individuals and organizations whose exceptional achievements and contributions make life better for Calgarians.

Award categories include:

- The Community Achievement Awards:
  - Arts
  - Calgarian of the Year
  - Community Advocate - Individual
  - Community Advocate - Organization
  - Education
  - Grant MacEwan Lifetime Achievement
  - Heritage
  - Social Impact - Business
  - Youth
- The Award for Accessibility
- The Environmental Achievement Award
- The International Achievement Award

The nomination process is easy—follow the steps outlined at [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards) and submit your nomination by January 26.

# Stay Safe, Stay Off Storm Ponds

*by The City of Calgary*

During the freeze-thaw season in Calgary this winter and year-round, it's important to remember that no recreational activity is allowed on storm ponds.

As part of your community's stormwater infrastructure, storm ponds reduce community flooding and clean stormwater before it returns to our rivers.

The ice thickness on a storm pond is always unpredictable. Water levels are constantly changing as water moves between inlet and outlet pipes creating varying ice conditions.

Storm ponds also contain sediment and contaminants collected from roadway runoff which weaken the ice and make it unstable.

Never walk, skate, or play near a storm pond. Keep children and pets away and always obey posted signs.

Find safe places to play this winter at [calgary.ca/winteractivities](http://calgary.ca/winteractivities) and skate where it's safe at a City of Calgary or community-designated outdoor skating rink near you. For a full list of locations visit [calgary.ca/rinks](http://calgary.ca/rinks).

Learn more at [calgary.ca/stormpondsafety](http://calgary.ca/stormpondsafety).



## Just a Quick Zip

The shortest commercial flight in the world is from Westray to Papa Westray. Flights on this route are between one to one-and-a-half minutes long. The record fastest flight on this route was 53 seconds long. Can you imagine?!





## 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](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.

## Monthly Property Tax Payments Save You Time and Money

by The City of Calgary



Tax Instalment Payment Plan (TIPP) is the most popular way to pay property tax in Calgary. Here's why:

- You pay the same amount as your tax bill, but in smaller, easier to manage monthly payments.
- Automatic monthly payments come out on the first day of each month, helping you avoid late payment penalties.
- No extra fees and no need to re-enroll each year. TIPP continues until you cancel.

It's easier than ever to join TIPP. Our online process streamlines registration and confirms your enrolment, allowing you to join fast and easily from the comfort of your home. All you need is your property's roll number and your banking details.

You can enroll anytime during the year, and we'll adjust your payments to ensure your tax bill is fully paid by year's end. If you join for January 1, your tax payments will be spread over 12 months, if you join for February 1, your payments will be spread over 11 months, and so on.

Your 2026 property tax bill will be mailed out in May. To avoid late payment penalties, you must join TIPP or pay the total amount of your 2026 property tax bill before the payment deadline of June 30, 2026.

Join TIPP today at [calgary.ca/TIPP](http://calgary.ca/TIPP) to get started and enjoy easier budgeting for the years ahead!



## Richmond I Knob Hill Real Estate Update

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

	Average Asking Price	Average Sold Price
November 2025	\$839,000	\$827,500
October 2025	\$898,000	\$870,000
September 2025	\$957,500	\$945,100
August 2025	\$879,940	\$847,500
July 2025	\$849,000	\$830,000
June 2025	\$879,450	\$868,500
May 2025	\$825,000	\$812,500
April 2025	\$749,900	\$740,000
March 2025	\$972,250	\$950,800
February 2025	\$789,999	\$788,888
January 2025	\$828,500	\$773,500
December 2024	\$899,900	\$890,000

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

	No. New Properties	No. Properties Sold
November 2025	8	13
October 2025	26	19
September 2025	28	14
August 2025	14	16
July 2025	20	19
June 2025	21	12
May 2025	18	15
April 2025	15	11
March 2025	19	8
February 2025	10	9
January 2025	9	5
December 2024	5	9

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

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### Safety In Our City

The national statistics are an awful indication of how Canadians have been affected – particularly since the pandemic – by the increase in homelessness and crime in our streets. The epicentre for this activity drifts towards downtown.

A number of neighbourhood associations have raised this issue with me over the past few months. The increase in people living in the streets, and the increase in property damage has been especially troubling in Calgary.

Property damage is not a victimless crime. It has real effects on all of us – from the shared increase in insurance costs, to the affected condominium board fee increases, to the increase in the cost of goods at our local vendors – we are all at least indirectly affected.

Thus far, the response of a report line has served inadequately. Compared to most other cities, Calgary's central communities are wonderful examples of living spaces. Yet the scourge of property damage is affecting us all.

It's time we got ahead of this growing problem. It's an issue that spans three levels of government, and my elected colleagues at each level need to come together and move toward solutions. Federally, this means more robust laws against property damage, along with a judicial system that aids our peace officers in their efforts.

I will be coordinating with other levels of government to find ways to reduce the increasing incidence of these events. Stay tuned.



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

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**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.

## The Birth of a Legend!

On January 8, 1935, in Tupelo, Mississippi, a star was born! Elvis Aaron Presley, who would go on to be one of the most culturally significant figures of the 20<sup>th</sup> century was born. Can you believe that he would be 91 if he were still alive today?! What a legend!



## Word of the Month

**Zenith:** noun (zee-nith, zen-ith)

The highest point of something.

Their career reached its zenith in the 1970s.



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