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Hon. Josephine Pon MLA Calgary – Beddington calgary.beddington@assembly.ab.ca



MP Hon. Michelle Rempel Garner 115 – 70 Country Hills Landing NW Calgary, AB, T3K 2L2 Phone: 403-216-7777 Email: michelle.rempel@parl.gc.ca Website: mprempel.ca



Hon. Muhammad Yaseen
MLA for Calgary-North
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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)

Panorama Hills Community Centre

Northstar Residents Association Ltd.

88 Panamount Hill NW 403-226-4386 • www.mypanoramahills.com

Hours of Operation:

9:00 am to 9:00 pm, September long weekend to May long weekend 9:00 am to 10:00 pm, May long weekend to September long weekend

Facebook, Twitter, Instagram: @mypanoramahills

General Manager	Dan Green gm@mypanoramahills.com
Office Manager	Therese Durocher office@mypanoramahills.com
Community Relations, Programs and Events Coordinator	Toby Nwabuogor programs@mypanoramahills.com
Maintenance Manager	Chris Oldfield maintenance@mypanoramahills.com
General Information	info@mypanoramahills.com
Board of Directors	bod@mypanoramahills.com

Visit our website for more:

https://www.mypanoramahills.com

Only Panorama Hills residents that pay fees to the Northstar Residents' Association have access to the facility and park.

All events may be cancelled or postponed. Please check with the Northstar Residents Association for further information.

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.

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YOUR CITY OF CALGARY

Homeowner Water Guide – Spring Checklist

from the City of Calgary

Protecting Calgary's precious water resources is a shared responsibility among The City, businesses, and Calgarians. There are many actions you can take to ensure your home is using water efficiently.

Inside

As a part of your regular home maintenance, take the Leaky Toilet Test to find the most common cause of household leaks:

- Remove the tank cover.
- Put several drops of food colouring (or another coloured liquid, such as coffee or tea) into the tank.
- Wait 15 to 20 minutes.
- Look in the bowl. If the water changes colour, you've got a leak.

Most toilet leaks are silent and go unnoticed for long periods of time, so the sooner you find and repair leaks, the better.

Outside

With spring around the corner, it's time to think about outdoor water efficiency. Add these items to your spring checklist:

- · Check your outdoor taps, irrigation system, and water features (e.g. ponds or fountains) for leaks.
- Consult the YardSmart plant list before planning this year's garden.
- Set up your rain barrel.
- · Clean and repair downspouts, directing stormwater away from your house, ideally towards your garden.

Being water efficient means you're helping protect Calgary's water resources by:

- Keeping our rivers healthy by removing less water.
- Saving money and energy on treating and delivering
- Extending the use of our water treatment plants.
- Making drought less impactful to our homes and businesses.
- Increasing our resiliency to climate change.

To learn more about water efficiency, visit calgary.ca/ waterguide.



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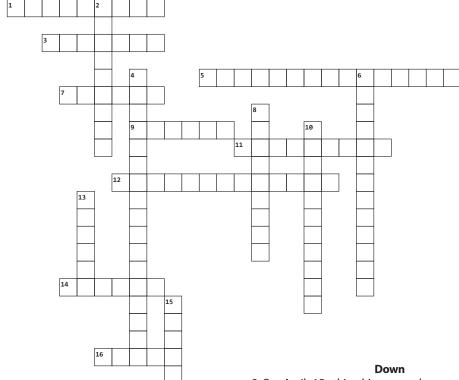
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April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist's painting was famously stolen.
- On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word 'April'.
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National Month.
- 16. A colourful and popular marshmallow Easter treat.

- On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April's birth flowers that comes from the Old English phrase 'dæges-eage.'

SCAN THE QR CODE FOR THE ANSWER KEY



GAMES & PUZZLES

Trivia: Calgary Edition

- 1. What year did the Calgary Flames win the Stanley Cup?
- 2. What was Calgary's original name?
- 3. What iconic indie pop duo hails from Calgary?
- 4. In 1969, what cocktail did Walter Chell invent in Calgary?
- 5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?





April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.

SAFE & SOUND



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

- Allow children to assist when buying their helmet.
 Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.
- * Parachute Canada: http://www.parachutecanada.org/injury-topics/item/wheeled-activities1.



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Sunday: Closed (** = Alternating)

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TAKE ON WELLNESS

Encouraging Kids to Help in the Kitchen

from Alberta Health Services

When the entire family gets involved in the kitchen, it can encourage connections and quality time. Kids can take part in the process, from planning meals to cleaning up. It can take extra time and effort in the beginning, but it will become easier over time as kids learn skills. Being a part of planning and preparing meals teaches kids skills they can use throughout their lives.

Here are some age-appropriate tips on encouraging children to get involved in the kitchen:

Planning Meals:

- Even very young children can assist with planning meals.
- Talk about food safety. Remind children to wash their hands often when cooking and before eating the meal. You may also want to speak about keeping cold foods cold and hot foods hot.
- Give younger children options for a meal and have them choose which one they would like to help with or eat.
- Work together to discover what ingredients you already have on hand, and what ingredients you may need to purchase.
- Have school-aged children help find items in the store
- Older children and teens may be able to choose recipes and create shopping lists on their own. As an extra challenge, give them a budget to follow when planning the meal.

Preparing Meals:

- Young children can help count ingredients, add ingredients to bowls, stir, and help wash vegetables and fruit.
- School-aged children can help assemble simple dishes and measure or mix ingredients.
- Older children and teens can use basic equipment with supervision and follow recipes.
- Try meals that each member of the family can customize. Try personal pizzas, omelettes, or wraps, and have each person choose their own toppings and ingredients.

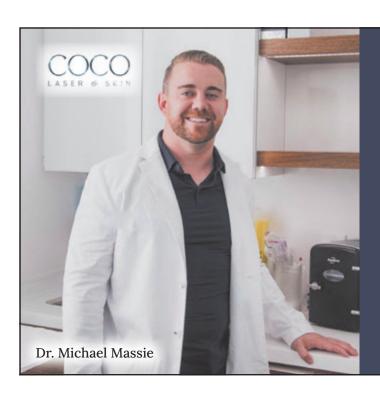


Eating:

- Have a conversation together during mealtimes. Consider sharing about your day.
- Take turns setting the table.
- Everyone can share what their favourite part of the meal was or what they did to help prepare.
- Talk about what meal you want to make next.

Cleaning Up:

- Everyone can have a cleanup task.
- Young children can help wipe surfaces and bring their own dishes to the counter or to the dishwasher.
- School-aged children can help put leftovers into containers and dirty dishes on the counter or load them into the dishwasher.
- Older children and teens can clear the table, clean dirty dishes, or put away clean dishes.



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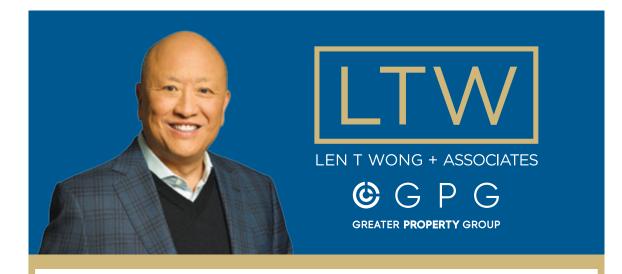




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Spring is just around the corner! Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit jasminemian.com.

Q: Any Update on the Hanson Ranch Wetlands?

A: You may have noticed that throughout March, crews were out working on the wetland. Although construction is expected to begin in 2024, preliminary work is being done for permitting purposes. Investigate site work and environmental monitoring will continue periodically. Visit calgary.ca/hansonranchwetland for more information.

Keeping Storm Drains Clear This Spring

Storm drains (or catchbasins) are the main way stormwater gets into our underground pipes AKA our stormwater management system, so it's important we keep them clear! There are about 60,000 storm drains in Calgary which capture water off sidewalks, streets, and roads. The City has an online map that shows where storm drains are located and how to care for them: calgary.ca/stormdrains.

Green Calgary Rain Barrels

With springtime rain around the corner, rain barrel sales are happening right in Ward 3. Capturing rainwater keeps dirt and contaminants out of our rivers and helps our community stay resilient during dry weather by cutting down on water use. Grab yours for a discount on Saturday, June 10 at VIVO between 10:00 am and 2:00 pm. Pre-order at greencalgary.org starting April 1, 2023.





by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to inaturalist.ca/projects/citynature-challenge-2023-calgary-metropolitan-region.

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.



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SPEECH-LANGUAGE THERAPY: Registered Speech-Language Pathologist with 25+ years of experience accepting school-age clients beginning April 15. I provide assessment and treatment of articulation, language, fluency (stuttering) and pre-reading skills. I will work with you and your child to offer the best service to meet their communication needs. Call Kate at 403-700-8009.

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