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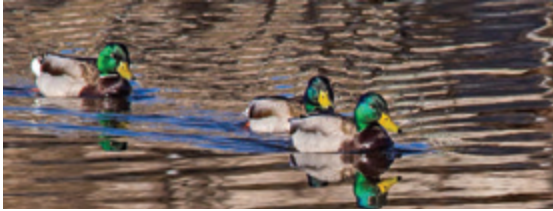


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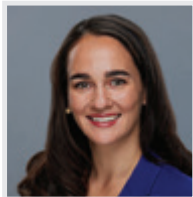
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www.jasminemian.ca



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
104 – 200 Country Hills Landing NW
T3K 5P3
P: 403-274-1931 | F: 403-275-8421
Calgary.North@assembly.ab.ca

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EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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| 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 |
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**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.*

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News from the Friends of Nose Hill

by Anne Burke

Spring brought renewal and awakening of Mother Earth in April. There was a three-hour interpretive walk to connect with cultural landscapes through the ages in Nose Hill Park where attendees could be closer to the stars.

The group at the John Laurie Blvd parking lot began the 2.2 km route on pathway and gravel trail. The leaders were Crystal Many Fingers, a Blackfoot member of the Kainai First Nation of Treaty 7, and Laureen Bryant, a professional archaeologist who focused on human occupation.

Legends and sharing stories are an integral part of an oral culture. The importance of Nose Hill to pre-contact indigenous people is highlighted by sites such as the buffalo rubbing stone for ceremonies, vision questing, and fasting.

A natural area is a City-owned park with a natural/native plant community. Our primary role is to preserve the natural significance. Conservation protects these (relatively) undisturbed parcels of land. Damage can be repaired while loss can be restored.

Public engagement and feedback from tourists will contribute to Calgary's 20-year Park Plan. After a draft proposal, there comes a final version by spring 2024, before presentation to City Council. For more information, visit <https://engage.calgary.ca/parksplan>.

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Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

1. Who is the woman credited for the creating the first Father's Day?
 - a. Jeanette Rankin
 - b. Sonora Smart Dodd
 - c. Elizabeth Kenny
2. Is Father's Day celebrated on the first, second, or third Sunday of June?
 - a. The first Sunday
 - b. The second Sunday
 - c. The third Sunday
3. When was Father's Day first celebrated?
 - a. 1910
 - b. 1900
 - c. 1880
4. What is the official flower of Father's Day?
 - a. Daisy
 - b. Carnation
 - c. Rose
5. Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - a. Bon Jovi
 - b. Darth Vader
 - c. Charlie Chaplin
6. What was the name of the father in the TV show *The Brady Bunch*?
 - a. Tom Brady
 - b. Mike Brady
 - c. Joe Brady
7. According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - a. Fourth
 - b. Fifth
 - c. Sixth
8. According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - a. 7.9 million
 - b. 8.2 million
 - c. 8.6 million
9. What was the average age of dads in 2011 according to Stats Canada?
 - a. 27.5
 - b. 28.3
 - c. 31.2
10. What cartoon bear was invented by a father for his son?
 - a. Winnie the Pooh
 - b. Yogi Bear
 - c. The Boss



Courtesy of Springbank Hill Community Association

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GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

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FOR THE ANSWERS!**



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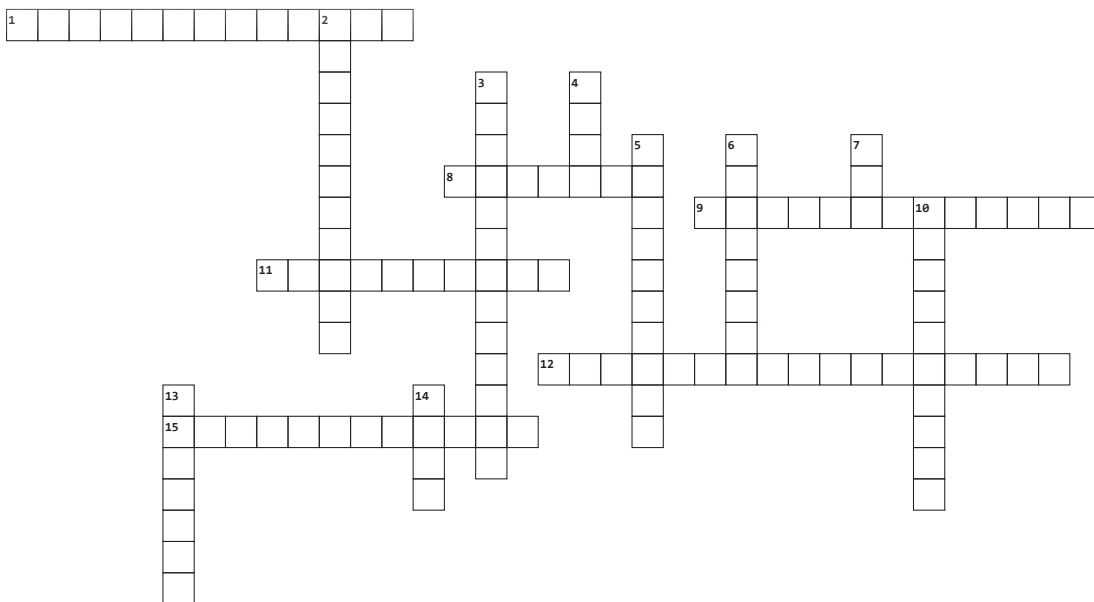
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June Crossword Puzzle



Across

1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
15. This Calgary landmark was opened to the public on June 30, 1968.

Down

2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
3. 43 years ago, this NHL hockey team relocated to Calgary.
4. The month of June is named after this Roman goddess.
5. In North America, National _____ Day is celebrated on June 8.
6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
7. The first Friday after Father's Day is National Take Your _____ to Work Day.
10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
13. This European country experiences the longest summer solstice due to its geographical location.
14. The official Father's Day flower.

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THE ANSWER KEY





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Cooking Basics for Beginners

from Alberta Health Services

There are many benefits to cooking. It can save you money because you may order out less. It can also help you manage how much salt, sugar, or saturated fat you eat. If you are a beginner at cooking, here are some tips. Keep reading to learn a few cooking terms, how to measure ingredients, plus some tips on kitchen and food safety.

Common Cooking Terms:

- Pre-heat – Turn on the oven so it reaches the required temperature before baking.
- Beat – Stir quickly.
- Blend – Stir until all ingredients are mixed evenly.
- Dash – Very small amount, measured by pinching an ingredient between your thumb and finger.
- Dice – Cut into small cubes.
- Fold – Gently stir two or more ingredients to combine.
- Grease – Put oil or cooking spray on pan or baking sheet to prevent sticking.
- Mince – Cut into very small pieces.
- Simmer – Cook on a stove top at a low temperature (one to three on the range), below the boiling point.

Measuring:

- Use measuring spoons for spices, baking powder, and oils typically used in small amounts.
- For dry ingredients used in large amounts, such as flour or sugar, scoop into a measuring cup.
- For dry ingredients used in large and small amounts, level each measurement with the back of a knife to ensure you get the exact amount needed.
- For yogurt, nut butters, and cottage cheese, use dry measuring cups.

Safety Tips:

- Open pot lids or tinfoil away from you to prevent burns.



- It may be beneficial to purchase a meat thermometer to cook foods to the proper internal temperatures.
- After handling raw meat, wash your hands with hot soapy water for 15 seconds.
- Use separate cutting boards for raw meat and vegetables or fruits.
- To prevent the growth of bacteria that can cause food poisoning, keep cold foods cold and hot foods hot.

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Backyard Play Safety

from Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment

- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

How to Spot an Out-of-Stock Scam Before It's Too Late

from the Better Business Bureau



Scammers claim a product you purchased is out of stock, but they never process your promised refund.

How the Scam Works

You see a product online that you want to purchase. Many shoppers report encountering this scam through social media ads. You click on the link to the company's website, find the product, and check out. Shortly after your card is charged, you receive an email saying the product is out of stock and they will refund your money. You wait several days for the refund to post to your account, but it never does. Then, when you try to contact the online shop, no one responds.

One shopper told BBB Scam Tracker, "I placed an order and received a confirmation and was charged \$15.98. A few days later, I received an email saying that due to low stock, I was being refunded. I never received a refund, so I emailed, but the email continuously failed to deliver. I have disputed the charge with my bank."

The truth is that the product never existed in the first place, and scammers hope you'll never notice you didn't get your refund. However, if you used a credit card, you should be able to contest the charge and get your money back.

How to Avoid Online Shopping Scams

Research before you buy. Always research businesses before you purchase, especially if you aren't familiar with the company. Read consumer reviews on other websites and do a quick online search for the business name along with the word "scam" to rule out any suspicious activity spotted by other consumers.

Watch out for social media scams. Con artists love using social media to promote their scams. Some red flags include deals that seem too good to be true, phony personalized products, fake coupons, and product links that lead to questionable websites.

Make sure the website is secure. Don't make purchases from a website that isn't secure. How can you tell if a website is secure? It should have a tiny lock symbol in the browser bar and start with HTTPS, not just HTTP.

Keep records of your purchase. Keep receipts, order confirmations, and any other correspondence you have with a company that has promised to deliver a product. These documents will come in handy later if you need to contest the purchase.

Use your credit card. It's always best to use your credit card instead of a debit card to make online purchases. Credit cards offer more protection if you need to report a fraudulent charge.

Read more at BBB.org.



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Summer is here! Watch your mailbox this month for my annual Councillor Newsletter that includes updates on everything related to Ward 3.

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: What do I do if I see water pooling in my neighbourhood?

A: During the heavy spring rainfalls, storm drains can take extra time to drain. If the water hasn’t drained in around 90 minutes and pooling begins, take a picture, and submit it to 311 via the app or online tool. The pictures help the City prioritize urgent requests. (Reminder to keep your eavestroughs clear and keep an eye on your storm drain!)

Q: When will fluoride be back in the water supply?

A: As part of the 2021 General Election, 62% of electors voted in favour of reintroducing fluoridation of the municipal water supply. In November 2021, Council directed Administration to begin the process. Bids for construction happened in March 2023, and it is expected we will finalize a partner this month. Based on the current projection of timelines, the fluoridation system should likely be in service June 2024.

Stampede Reminder

With July just around the corner, Stampede events are being planned across the ward! See you out there!



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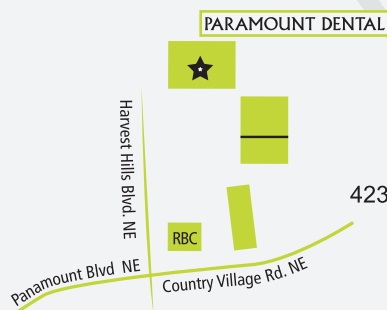
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