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MLA Calgary – Beddington
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MP Hon. Michelle Rempel Garner
115 – 70 Country Hills Landing NW
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MLA for Calgary-North
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T3K 5P3
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EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

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Panorama Hills Community Centre

Northstar Residents Association Ltd.

88 Panamount Hill NW

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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](https://www.facebook.com/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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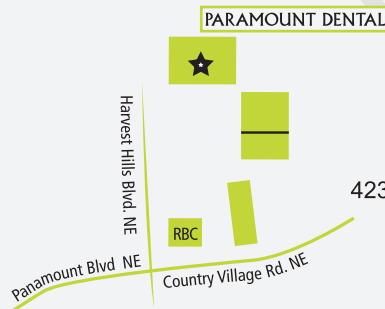
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YOUR CITY OF CALGARY

Emergency Preparedness Week is May 7 to 13

from the City of Calgary



Emergencies can happen anytime, anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family, and your community during an emergency. This year, Emergency Preparedness Week runs from May 7 to 13. This is an annual event that takes place across Canada every May.

During Emergency Preparedness Week, The City encourages Calgarians to take actions to prepare and protect themselves, their families, and their homes during an emergency event.

Know the Risks: Learn about the types of disasters and hazards that can occur in Calgary.

Get Prepared: Every emergency is different but having a plan will help you and your family know what to do and who to contact in different situations. Get prepared by reviewing your insurance coverage, practicing a home evacuation, and taking steps to protect your home. A fillable emergency action plan is available in various translated languages at calgary.ca/getready, along with tips to get prepared.

Know What to Do During an Emergency: It's important to stay informed by monitoring local TV, radio, and emergency alerts.

Know What to Expect After an Emergency: Cleaning up after a disaster can be hazardous. Ensure that you only enter a disaster site when it's safe and with the proper protective equipment. Remember to document all damages and contact your insurance provider as soon as possible.

Learn more about how to get prepared for emergencies and the activities taking place during Emergency Preparedness Week at calgary.ca/getready.

GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



SCAN THE QR CODE
FOR THE ANSWERS!





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Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard

against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.
- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to BBB.org.

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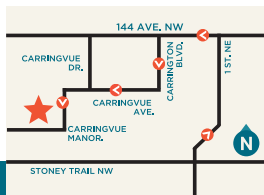
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How to BEE a Community Scientist

Help us document the different pollinators in Calgary!

1



Go to **[inaturalist.ca](https://www.inaturalist.ca)** or download the app.



2



Look around your favourite park or backyard for any **insects visiting a flower.**



3



Take at least **2 clear photos of an insect**, preferably from multiple angles.

4



Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.

5



Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.



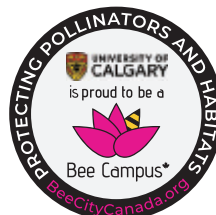
6



Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



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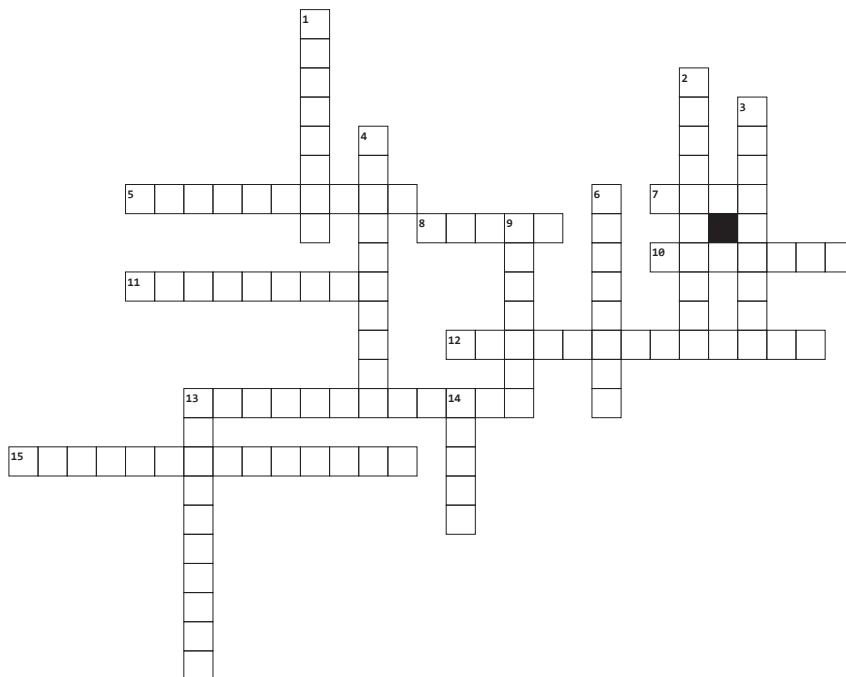


iNaturalist



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May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

SCAN THE QR CODE FOR
THE ANSWER KEY



Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes

Cook Time: 8 minutes

Servings: 4

Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbp. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!



Mother's Day Trivia

by Shelly Smith

In honour of Mother's Day, I thought it might be fun to share this short and informative quiz with you. Have fun with it!

1. What date in May does Mother's Day fall on?
 - a. The first Sunday of May
 - b. The second Sunday of May
 - c. The last Sunday of May
2. In 1908, which country was the first to celebrate Mother's Day as an official day of celebrating mothers?
 - a. United States
 - b. Canada
 - c. India
3. Which scientist won two Noble Prize awards and was the mother of a Nobel Prize winner?
 - a. Emily Green Balch
 - b. Gerty Theresa Cori
 - c. Marie Currie
4. Which pop music group is known for a hit song named *Mamma Mia*?
 - a. Abba
 - b. Blondie
 - c. Fleetwood Mac
5. How much do Canadians spend on average for a Mother's Day gift according to Finder.com?
 - a. \$52
 - b. \$111
 - c. \$132
6. How much does phone (landline and cellular) traffic increase on Mother's Day?
 - a. 23%
 - b. 37%
 - c. 45%



7. Why is it that words for "Mom" start with a "ma" sound in a lot of languages? (For example, "Mom" is "MaMa" in Ukrainian and "Mor" in Danish)
 - a. Coincidence
 - b. Repetition
 - c. It is one of the first sounds a baby makes
8. In 2011, how many mothers were there in Canada (including biological, adoptive, and stepmothers) according to Stats Canada?
 - a. Almost 10 million
 - b. 12 million
 - c. Almost 13 million

Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!





Dr. Michael Massie

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Preparing or Updating Your Will



Vilma Mydliar, LLB

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To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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