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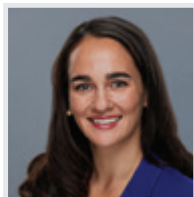




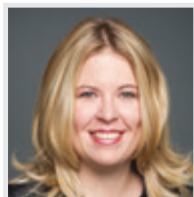
## PANORAMA HILLS | COUNTRY HILLS ELECTED OFFICIALS



**MLA Amanda Chapman**  
MLA for Calgary-Beddington  
amandachapman@albertandp.ca



**Councillor Jasmine Mian**  
Ward 3 Office  
www.jasminemian.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

# Panorama Hills Community Centre

Northstar Residents Association Ltd.

88 Panamouth Hill NW  
403-226-4386 • [www.mypanoramahills.com](http://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.*

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Moose, Canyon Meadows



Ash, Mckenzie Towne



Sparky, Douglas Glen

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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

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HILLS



COUNTRY  
HILLS



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## News from the Friends of Nose Hill

by Anne Burke

*Exploring Nose Hill: A Hands-On Field Guide* by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parks-plan>.

BRAIN GAMES

SUDOKU

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

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Calling All PARENTS

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## A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.

# Eat to Lower Your Risk of Diabetes

from Alberta Health Services



Diabetes is when your body cannot properly use and store the sugars broken down from food. This can lead to high blood sugar. There are many treatments available, including medication, physical activity, and healthy eating. Making healthy food and lifestyle choices may help lower your diabetes risk. It may also help you manage diabetes if you already have it.

- Eat regularly to keep energized throughout the day. It can be helpful to eat earlier in the day.
- Eat a variety of vegetables each day. It may lower your risk of getting diabetes or heart disease.
- Try filling half your plate with a variety of vegetables at every meal.
- Snack on carrots or celery sticks.
- Use spinach as a topper on your pizza.
- Add vegetables to your sauces. Try adding bell peppers to your marinara sauce, and zucchini strips to your pasta noodles.

- Include at least two types of vegetables at each meal. Try a Mediterranean Salad with Cheese recipe. It is full of vegetables, fibre, protein, and unsaturated fats.
- Try eating different coloured fruits and vegetables every day.
- Make water your drink of choice and limit sugar-sweetened drinks. The added sugars in drinks such as pop can add extra calories. Extra calories over time may increase risk of obesity, which can increase your risk of chronic diseases including diabetes.
- Choose a diet or sugar-free option instead of regular pop.
- Choose sparkling water instead of regular pop.
- Fill a bottle with water and carry it with you so you get in the habit of choosing water to drink.

Making healthy food choices can lead to long-term health. Start with making small changes. For more tips on how to make healthy eating a habit, call Health Link at 811 to speak with a dietitian.

## SOYBEANS

Soybeans are one of the few legumes with all nine essential amino acids, meaning that they're a 'complete' source of protein. In the body, amino acids build muscle, carry nutrients, boost our immune system, and fuel chemical reactions. With uses within and outside the food industry, it's no surprise that this crop is gaining popularity!



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## Fall Candle Care: How to Prevent Tunneling

*by Evermore Handmade, Local Candle Business*

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

### Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle's life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

### The Fix

If you have an old candle that's already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!



FEDERATION OF  
CALGARY COMMUNITIES

## Halloween Trick-or-Treating Tips

*A message from the Federation of Calgary Communities*



Halloween can be a fun and exciting event for kids (and adults). Follow along below for some informative tips to increase safety on October 31.

### Trick-or-Treating Tips

#### Residents:

- Turn on outdoor lights and replace burnt-out bulbs.
- Clear a path from the road to your front door and remove any potential obstacles or tripping hazards.
- Keep your pets safe. Confine animals indoors away from the unfamiliar (and spooky) guests at the front door.
- Beware of potential food allergies; consider alternative goodies.
- If you're driving, be cautious of Goblins, Ghouls, and Ghosts out and about in your neighbourhood.

#### Parents:

- Costumes should be short enough to avoid tripping.
- Having your child wear light-coloured clothing or reflective tape will help them be better seen by drivers.
- Create an easy-to-follow route with your children and teenagers.
- Travel in groups of three or four. Young children should be accompanied by a responsible adult.
- Practice crosswalk safety. Make your way up one side of the street and cross to the other side looking both ways; don't crisscross back and forth.
- Double-check your child's goodie bags to ensure everything is safe to eat.

For more resources, check out the Federation of Calgary Communities website at [www.calgarycommunities.com](http://www.calgarycommunities.com).



# Country Hills Real Estate Update

Last 12 Months Country Hills  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$525,000.00	\$517,500.00
July 2023	\$407,499.50	\$432,500.00
June 2023	\$437,450.00	\$459,035.00
May 2023	\$387,500.00	\$418,500.00
April 2023	\$419,900.00	\$423,000.00
March 2023	\$630,000.00	\$650,000.00
February 2023	\$304,900.00	\$304,500.00
January 2023	\$0.00	\$0.00
December 2022	\$508,000.00	\$510,000.00
November 2022	\$399,800.00	\$409,500.00
October 2022	\$357,394.00	\$349,500.00
September 2022	\$369,900.00	\$380,000.00

Last 12 Months Country Hills  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	7	7
July 2023	8	8
June 2023	14	18
May 2023	13	12
April 2023	15	14
March 2023	6	3
February 2023	4	3
January 2023	1	0
December 2022	3	5
November 2022	1	3
October 2022	6	10
September 2022	11	7

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

# Panorama Hills Real Estate Update

Last 12 Months Panorama Hills  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$409,800.00	\$432,000.00
July 2023	\$399,900.00	\$425,000.00
June 2023	\$409,900.00	\$428,000.00
May 2023	\$379,900.00	\$375,000.00
April 2023	\$439,000.00	\$432,500.00
March 2023	\$589,350.00	\$594,350.00
February 2023	\$427,400.00	\$423,500.00
January 2023	\$370,000.00	\$365,000.00
December 2022	\$492,500.00	\$477,500.00
November 2022	\$342,450.00	\$343,000.00
October 2022	\$439,900.00	\$437,000.00
September 2022	\$325,000.00	\$317,000.00

Last 12 Months Panorama Hills  
MLS Real Estate Number of Listings Update

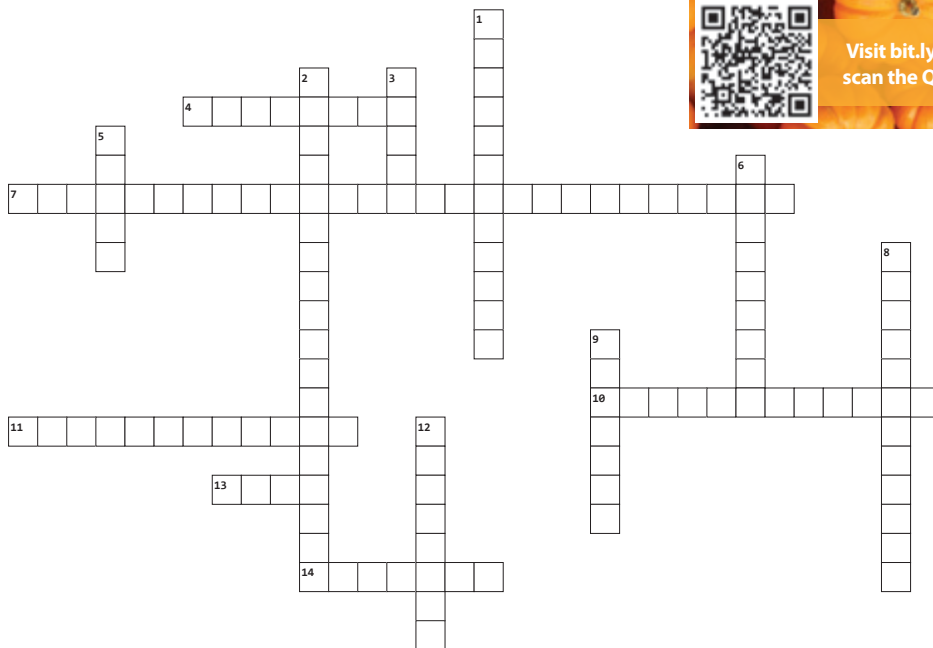
	No. New Properties	No. Properties Sold
August 2023	51	47
July 2023	55	61
June 2023	64	53
May 2023	48	45
April 2023	46	45
March 2023	51	34
February 2023	26	26
January 2023	19	17
December 2022	13	16
November 2022	21	30
October 2022	19	24
September 2022	36	35

To view more detailed information that comprise the above  
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# October Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers



## Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the \_\_\_\_\_ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, \_\_\_\_\_.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

## Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, \_\_\_\_\_ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International \_\_\_\_\_ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.





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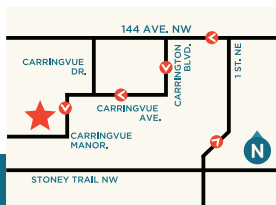


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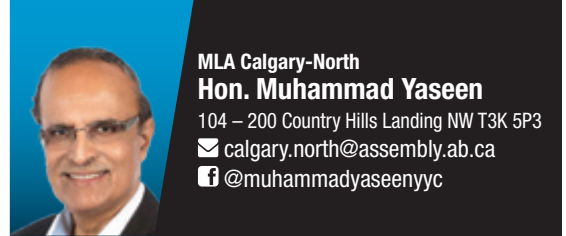
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Hope you're enjoying the cooler weather and changing leaves! Here are some topics and questions we've received from residents this past month. For more information or to contact my office directly, visit [jasminemian.com](http://jasminemian.com).

#### **Q: Is the Telus construction work finished?**

A: Yes! With the exception of remediation on yards that was started in the spring, Telus is finished with their Pure Fibre work in Ward 3. Telus will continue to provide maintenance services to residents who make reports through 311 but follow up with my office if you have not received timely assistance.

#### **Q: What can I do if I see wrongly placed commercial advertising signs?**

A: This has been a topic many residents have written to us about. Community Standards (bylaw) works consistently to take down wrongly placed signs across the city, but this is done on a complaint-based basis. You can easily report signs and their location via the 311 app, which is how the City tracks the signs. As always, if your service request is not responded to in a timely manner, reach out to my office to help resolve the issue.

#### **City Budget – November**

Next month marks the annual budget adjustments. From November 20 to 24, Council will be receiving presentations from Administration and debating additions and adjustments to the budget. All residents are invited to speak at Council and share their opinions via phone, in person, or written response. If you want to participate, visit <https://www.calgary.ca/council/meetings/public-hearing.html> to view your options and registration process.



#### **Peter Lougheed Healthcare Improvements**

When Albertans access the emergency department, it is often during a difficult and stressful time in their lives. That's why Albertans in need of emergency care will be able to experience a new and improved Peter Lougheed Centre ("PLC"). In 1988, the emergency department was designed to accommodate 30,000 to 40,000 patient visits each year. Last year, the PLC emergency department saw nearly 73,000 patients. In 2025, the new emergency department will provide 25 additional care spaces, ultimately doubling its size, helping to decrease emergency room wait times.

#### **Approving New Drugs for ALS Treatment**

Alberta's government has approved two drugs to its benefit list, used to treat ALS, a rapidly progressing neurodegenerative disease. Radicava, in oral form and Albrioz, a new drug treatment that significantly slows disease progression and loss of functional decline in people living with ALS.

#### **Lab Services Changes**

Over the past months, delays and wait times have made accessing lab services in our province very difficult. Albertans must be able to get the medical lab tests they need, and that's why the government recently announced that Alberta Precision Laboratories will now deliver community lab services across the province. The full transition is scheduled to be complete before the end of 2023. This change is an important step to improving and growing lab services, and to ensuring Albertans have reliable and speedy access to lab testing in their communities, which will help enable more timely diagnosis and treatment.

May all the good things of life be yours, on Thanksgiving and throughout the year. Happy Thanksgiving!

Special thanks to my constituents for their continued support as I carry out my duties as your MLA. As always, please feel free to call me any time to discuss issues that are important to you.



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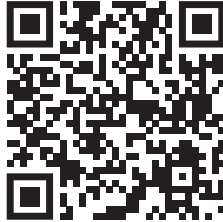


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