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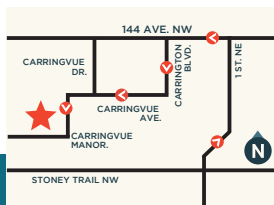


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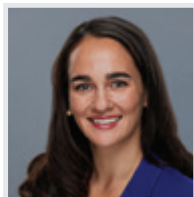
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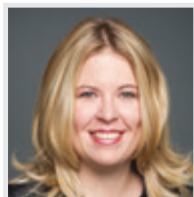
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Ward 3 Office
www.jasminemian.ca



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Website: mprempel.ca



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MLA for Calgary-North
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T3K 5P3
P: 403-274-1931 | F: 403-275-8421
Calgary.North@assembly.ab.ca

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

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:

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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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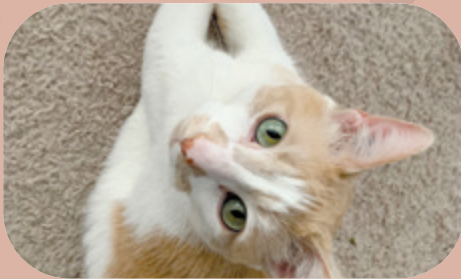
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Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

Prep Time: 20 minutes

Cook Time: 25 minutes

Servings: 3 to 4

Ingredients:

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



Directions:

- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!



Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Call for Help with Child Development Questions

from Alberta Health Services

Parents, guardians, and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement, and hearing — can be redirected to the new pediatric rehabilitation line and speak with an occupational therapist or another appropriate allied health professional.

The new pediatric rehabilitation line provides advice to parents and caregivers of infants, children, and youth (birth to 18 years of age) who have concerns about developmental milestones in areas such as:

- Moving and playing (crawling, walking, coordination, playing with toys, using utensils)
- Talking and listening (babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality)
- Taking care of self (dressing, toileting, sleeping)
- Managing emotions (calming self, becoming overwhelmed or overstimulated)
- Difficulty eating or swallowing (coughing, gagging)
- Hearing (responding to sounds, noise, voices, words)

The pediatric rehabilitation line can also help callers who are looking for local services and/or current rehabilitation resources (e.g., links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years of age. Topics range from toilet training and tummy time to emotional regulation and speech development.

Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or who have medical conditions that are affecting their development.



Most sessions are live, meaning participants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening, and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at myhealth.alberta.ca/pediatric-rehabilitation/webinars. You may also find information by searching “pediatric rehab” at together4health.albertahealthservices.ca.

PHOTO GALLERY

Photos by Bob Leuty



YOUR CITY OF CALGARY



Celebrate Calgary Culture Days

from the City of Calgary

Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all Calgarians to discover,

experience, and celebrate arts and culture in their community, downtown, and across the city.

Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023.

Find out more information on Calgary Culture Day events on calgary.ca/culturedays.

BRAIN GAMES

SUDOKU

	7			2			4	6
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2			8		3	7	1	5
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News from the Friends of Nose Hill

by Anne Burke

What Happened 50 Years Ago to Preserve Nose Hill?

The Calgary Council of Women wanted a legacy. In 1973, the City created the park after a lengthy debate. Council rejected a development application when communities favoured a major natural environment park. "Citizens for Nose Hill" presented a "Citizens' Brief." Then a steering committee produced the "Nose Hill Design Brief."

A rezoning challenge was only one of the obstacles because much of the land was privately owned. It was urgent to preserve it because some was already sold to developers, with a parcel to a homebuilder.

Community leaders and concerned citizens collected over 5,000 signatures on a petition opposing the rezoning. They organized a march along John Laurie Boulevard in defence of Nose Hill. There was even a children's petition, and their voices were heard.

City Council voted against any rezoning. However, the City still needed more time to buy up the land. The Supreme Court of Canada gave Calgary the right to purchase land on Nose Hill at its own pace. The provincial government agreed and declared that the Nose Hill lands be retained as a public open space in perpetuity.



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MLA Calgary-North

Hon. Muhammad Yaseen

104 – 200 Country Hills Landing NW T3K 5P3

✉ calgary.north@assembly.ab.ca

📘 @muhammadyaseenyyc

What an incredible summer it's been! I've enjoyed meeting residents and being in the community at the wonderful events hosted throughout the ward. Thanks to everyone who stopped by our tent during the Stampede breakfast hosted in Coventry Hills!

North Trail High School Opening

The change of season means that kids are officially back to school. North Trail High School is opening along Harvest Hills Blvd. With many students travelling to the new school, we expect some growing pains with parking and traffic.

To report a concern, scan the QR code to submit via 311 or CPS. If your concern has not been resolved in a timely manner, please follow up with my office.



The opening of North Trail High School also means that there will be some changes to bus service. To view the specific routes and levels of service, visit calgarytransit.com.

Hanson Ranch Wetland Redesign

The City is undertaking work on the constructed wetlands in Hanson Ranch. The City's Water Services department will be hosting public information sessions this month. To read more about the project and the dates of the information sessions, scan the following QR code.



For more information on all things related to Ward 3 or to contact my office directly, visit jasminemian.com.

Welcome back students and teachers. I trust you had a relaxing summer and are ready to start a productive school year of learning. I am very excited for the opening of the North Trail High School in north Calgary on August 31. I, along with many others, had advocated for years to see it become a reality. The school will have a huge impact for families that live in north Calgary. I welcome the opportunity to visit with students and teachers to provide an overview of my role as MLA and to discuss democracy in Alberta.

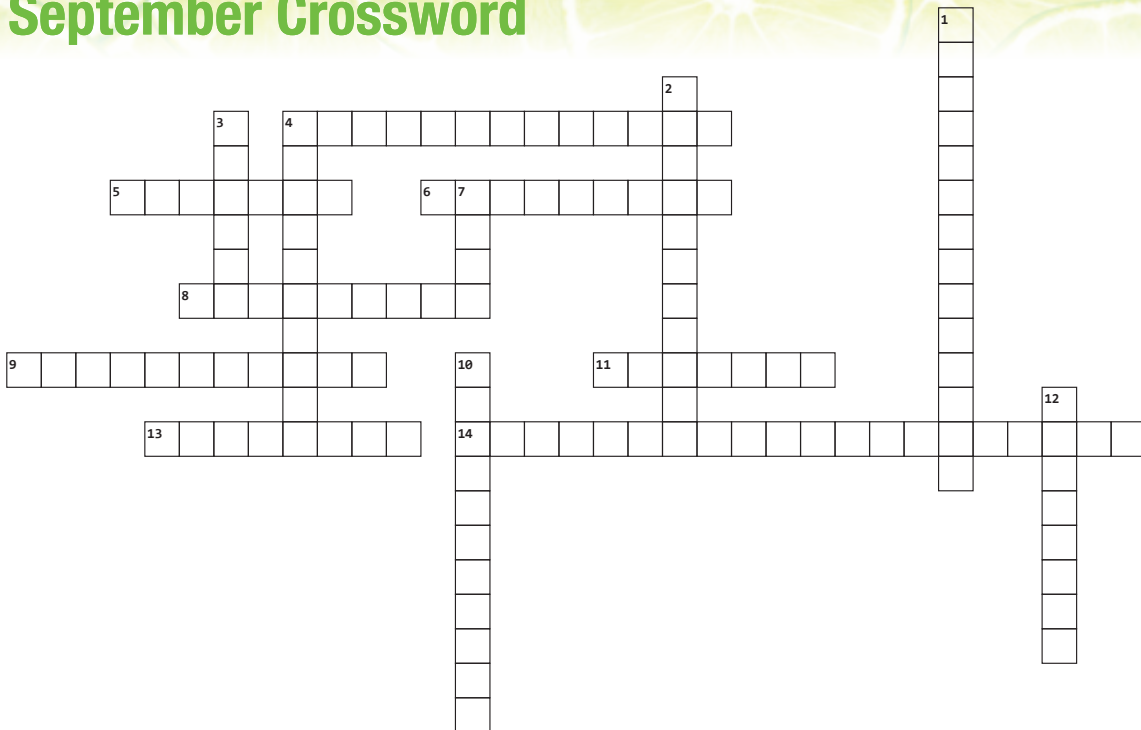
Supporting Hydrogen Technologies: The Alberta Government is providing \$45 million through the Technology Innovation and Emissions Reduction (TIER) fund to promote innovation in hydrogen technologies to be used to reduce emissions, create jobs, and help industry bring more hydrogen-powered technologies online. To learn more visit <https://www.alberta.ca/release.cfm?xID=88753F2527C9F-9ACB-02D8-96C2BC37E0839B60>.

Indigenous Women and Girls Supports: Alberta's government is committed to ensuring Indigenous women, girls, and two-spirit plus (2S+) people have a future that is safe and secure. The Community Support Fund provides grants for community-based, Indigenous-led initiatives that address violence, and increase safety and economic security for these groups. Please visit <https://www.alberta.ca/release.cfm?xID=88754F2F12164-EE22-A300-B3720C68BA714F52>.

Keeping Kids Sports Affordable: Albertans can apply for funding from the Every Kid Can Play program to access affordable sport/recreation programs for children and teens. For more details visit <https://www.alberta.ca/release.cfm?xID=8869024E40654-E3B9-E2E7-05FC0D90F214D409>.

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 chat and discuss issues that are important to you.

September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



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