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*Cover Photo by Syed Adeel Hussain*



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PANORAMA  
HILLS

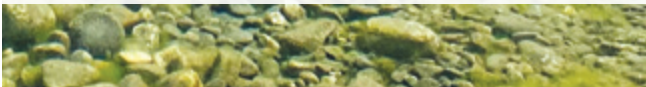


COUNTRY  
HILLS



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Last 12 Months PANORAMA HILLS  
MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
June 2024	\$485,000	\$480,000
May 2024	\$449,900	\$480,000
April 2024	\$555,000	\$587,500
March 2024	\$469,000	\$470,750
February 2024	\$309,900	\$320,000
January 2024	\$432,450	\$419,600
December 2023	\$587,000	\$585,000
November 2023	\$389,950	\$394,950
October 2023	\$307,000	\$315,000
September 2023	\$427,400	\$422,250
August 2023	\$409,800	\$432,000
July 2023	\$399,900	\$425,000

Last 12 Months COUNTRY HILLS  
MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
June 2024	\$757,500	\$752,000
May 2024	\$562,500	\$592,650
April 2024	\$525,000	\$552,000
March 2024	\$525,000	\$523,000
February 2024	\$682,400	\$675,000
January 2024	\$449,450	\$467,000
December 2023	\$387,450	\$376,350
November 2023	\$529,900	\$510,200
October 2023	\$454,850	\$490,000
September 2023	\$392,500	\$415,500
August 2023	\$525,000	\$517,500
July 2023	\$407,499	\$432,500

To view more detailed information that comprise the above MLS averages please visit [pan.mycalgary.com](http://pan.mycalgary.com) or [cou.mycalgary.com](http://cou.mycalgary.com)



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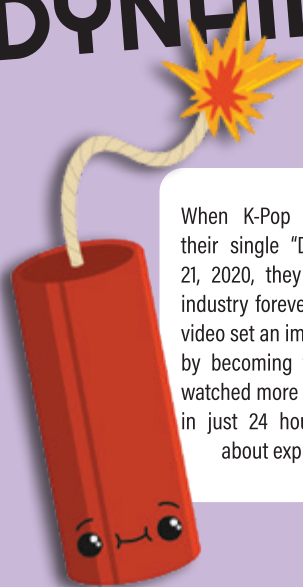
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# DYNAMITE!



When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

### Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

#### Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

#### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

#### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

### Update from the Country Hills Playground Boosters

Wild and wet weather has kept the Boosters from doing planned door knocking in Country Hills, but we had a very successful Neighbour Day event at our first project playground, known as COU453 on Country Hills Circle. Kids and adults enjoyed games, snacks, juice, drawing with chalk, and more! It was great to hear from neighbours and kids what they liked about the playground and what changes they want to see. One thing everyone agreed on is that the playground needs more swings! The Boosters watched as kids waited for a turn on one of the two swings.

We hope to see more Country Hills residents at the playgrounds this summer and begin door knocking.



### Word of the Month

**Mellifluous: adjective**  
(muh-lif-loo-uhs)

Sweet or smooth sounding,  
as in a voice or string of words.

She believed Spanish to be the most  
mellifluous language in the world.

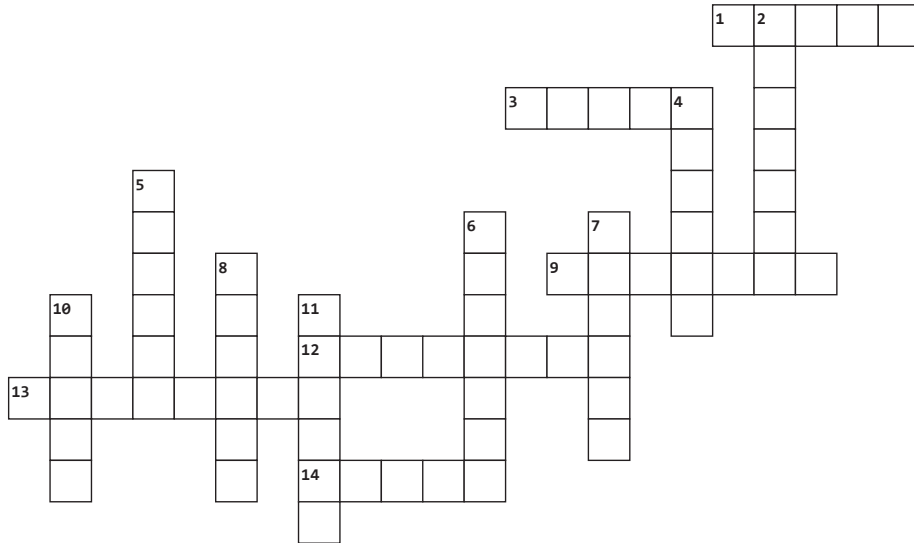


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# August Crossword



## Across

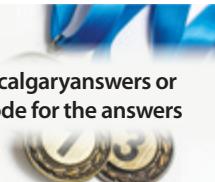
1. One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
3. On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a \_\_\_\_\_" speech.
9. This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
12. On the first Monday in August, Albertans celebrate \_\_\_\_\_ Day, which recognizes the multicultural landscape of the province.
13. In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the \_\_\_\_\_ Gold Rush.
14. The Summer Olympics takes place in which French city from July 26 to August 11 this year?

## Down

2. Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, \_\_\_\_\_.
4. The fantasy novel *A Game of Thrones*, written by George R.R. \_\_\_\_\_, was first published in August of 1996.
5. August is a popular name for boys in this Scandinavian country.
6. On August 8, 1969, The \_\_\_\_\_, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
7. The Perseid \_\_\_\_\_ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
8. The saying "The Dog Days of Summer" is linked to the rising of the star called \_\_\_\_\_, also known as the Dog Star.
10. Canadian actress, Evangeline \_\_\_\_\_, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
11. Michael \_\_\_\_\_ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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## Saving Grandma's Garden

Article and Photos by Monika Smith

As my mom descended into dementia last year and could no longer live in her home, I had to sell her property. As with so many older residential properties on the market, many of my mom's and baby boomer generation had gorgeous gardens.

I needed to save a few token plants that she had tended over the years. They had brought her joy and a funny and often acrimonious relationship with Joe. Joe was born into a farming family, and although he became citified, he was a proud vegetable grower. But flowers? Heck no. He'd occasionally get into a mood and just rip out my mom's hard work, because they were not food.

Just before the new owner took over, I had a moment of, "I have to bring some of mom's plants to my place!" She had been growing them for decades. I broke a number one rule: if you get a plant, there's a hole in the ground ready for it! I basically dug out a big bunch of plant shoots and roots and dumped them into a bucket of soil.

What did I take home, dig in, and promptly forgot about? Primroses (*Primula auricula*), bergenia (*Bergenia crassifolia*), and leopard's bane (*Arnica montana*).

There's another very good rule about plants, 'right plant in the right space'. However, plants want to survive and will make an effort. Just don't expect anything lush or healthy looking.

I was surprised in late May by a few leaves emerging in strange places, like near my Colorado spruce. What is that? Primroses! Ok, so that's where I put them. They were shorter than normal and looking a bit stunned. That's what a spruce tree and lean soil will do. We did have a wet-ish May that helped, and June has coaxed more plant out of the ground.

Mom had a big row of bergenia that I chopped apart and shovelled into a bucket. A gorgeous umbel of pink flowers emerged in the spring where I didn't remember putting them. Those famous big leaves were small! Another super hardy and evergreen perennial, if conditions are right.

Last but not least is leopard's bane. Such a cheerful yellow and the earliest blooming daisy. None of these

plants are 'native', but that got me to thinking of maybe leaving those plants in a 'cultivated' zone? Not large — as I prefer native plants — but these are from my mom's garden, and I needed something that is more than a piece of jewelry, art, or her favourite baking pan.

My message is simple. Save those old garden plants! If they are your grandmother's, aunt's, family members', or an aging friend's that has to move, ask if you can dig up a few favourites. Or chat with the developer if the house is sold. They don't care as long as you are not in the way or trespassing.

If you're new to gardening, these old plants are time tested to grow well. Find out how to remove a batch from a knowledgeable friend, or contact Calgary Horticulture, or even myself.

Keeping these hardy and old-fashioned plants lovingly tended to by my mom is a special legacy which I honour.

Thanks mom, your plants will remind me of you and wonderful memories of gardening and growing up.



*This lovely pink umbel is one of the early flowering bergenia. An old fashioned, but lovely addition to any yard.*

*The yellow leopard's bane daisy is such a cheerful addition in a garden.*



*You've all seen this kind of primula. It's super hardy and will brighten a spring day.*

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# Sleep and Headaches

by Alberta Health Services

Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

### Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

**Insomnia** – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.

**Obstructive Sleep Apnea (OSA)** – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women.

#### You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night



#### Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

**Other breathing problems** – Other breathing problems at night such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows, and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

## Managing Your Headache Could Affect Your Sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

## Ways to Improve Sleep and Headaches

There are many ways to improve your sleep patterns and, potentially, alleviate headaches caused by sleep issues.

Some examples include:

- Using a headache diary to find your triggers. Notice any patterns that occur in correlation to your sleep or how rested you feel.
- Keep regular sleep patterns. Sleeping too much or too little can trigger headaches. If you do get a headache when your sleep pattern has changed, this may be a trigger that you can control.
- Manage stress. Exercise and eat nourishing food on a regular schedule.
- Seek treatment if you have depression or anxiety, which can both contribute to poor quality of sleep and headaches.
- Practice good posture to reduce neck strain. Reduce eye strain from computers at work and at home. Be mindful of jaw clenching, which can cause muscle tension in your face.

Visit 'Headache Management: Sleep Strategies' or talk to your healthcare provider for more information on the correlation between headaches and sleep.



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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)





## News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: [ccpr.parkpeople.ca/2023/](https://ccpr.parkpeople.ca/2023/) for more on this report.

BRAIN GAMES

SUDOKU

7					9			4
	3			4			1	
		9	2			3		
9						1		
	4						8	
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Here are some updates related to Ward 3, the City of Calgary, and Council decisions.

### Check Your Mailbox for My Annual Mailer!

Keep an eye out towards the end of the month for my annual ward-wide mailer. Every household will receive a copy in the mail that features updates about what's happening in Ward 3 and across the city. If you have any questions or don't receive your copy, reach out to my office at ward3@calgary.ca.

### Secondary Suite Incentive Program Launch

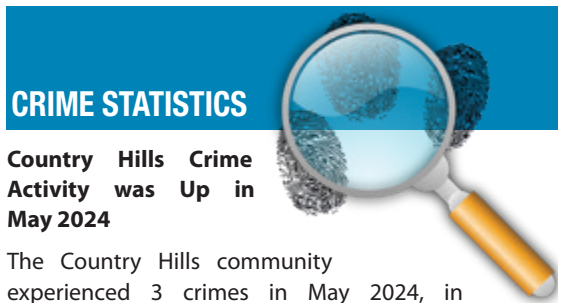
To encourage safe and accessible housing, the City has launched its Secondary Suite Incentive Program as part of our official Housing Strategy. It provides qualifying homeowners with up to \$10,000 to cover a portion of costs to develop and register and safe suite. Only suites built within main dwellings are eligible to apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air

Additional funding is also available for accessibility and energy efficiency. View the full details and application process at [calgary.ca/suite-incentive](http://calgary.ca/suite-incentive).

### Seeking Time Capsule Contributors from 1999

In 1999, the City created a time-capsule and friendship quilt to celebrate the International Year of Older Persons. October 1 of 2024 marks the 25th anniversary of this occasion. Ahead of this, the city is seeking out the original participants from 1999 to hear their stories and invite them to participate in the celebrations later this year. If you or someone you know was a part of the original time capsule, reach out to [agefriendlycalgary@calgary.ca](mailto:agefriendlycalgary@calgary.ca) to get involved.



### Country Hills Crime Activity was Up in May 2024

The Country Hills community experienced 3 crimes in May 2024, in comparison to 1 crime the previous month, and 2 crimes in May one year ago. Country Hills experiences an average of 2.5 crimes per month. On an annual basis, Country Hills experienced a total of 30 crimes as of May 2024, which is down 41% in comparison to 51 crimes as of May 2023. To review the full Country Hills Crime report visit [cout.mycalgary.com](http://cout.mycalgary.com).

### Panorama Hills Crime Activity was Down in May 2024

The Panorama Hills community experienced 5 crimes in May 2024, in comparison to 6 crimes the previous month, and 13 crimes in May one year ago. Panorama Hills experiences an average of 8.8 crimes per month. On an annual basis, Panorama Hills experienced a total of 105 crimes as of May 2024, which is down 45% in comparison to 191 crimes as of May 2023. To review the full Panorama Hills Crime report visit [pano.mycalgary.com](http://pano.mycalgary.com).

*How To Report Crime In Country Hills | Panorama Hills: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*







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## Shoulder Pain or Pickleball Injuries?



SCAN THE QR CODE

to register for our upcoming in-person or virtual  
Shoulder Pain and Pickleball Injuries workshop with Presenter  
Matthew Vandervoort on **Wednesday, August 21<sup>st</sup> at 7pm** at  
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We look forward to seeing you there.



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