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HILLS**

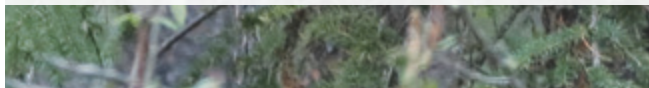


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Last 12 Months PANORAMA HILLS MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
September 2024	\$465,000	\$464,500
August 2024	\$479,900	\$487,995
July 2024	\$464,950	\$489,000
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

Last 12 Months COUNTRY HILLS MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
September 2024	\$480,000	\$491,500
August 2024	\$504,950	\$499,000
July 2024	\$365,000	\$360,000
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

To view more detailed information that comprise the above MLS averages please visit pano.mycalgary.com or cou.mycalgary.com

CRIME STATISTICS



Country Hills Crime Activity was Unchanged in August 2024

The Country Hills community experienced 4 crimes in August 2024, in comparison to 4 crimes the previous month, and 2 crimes in August one year ago. Country Hills experiences an average of 2.6 crimes per month. On an annual basis, Country Hills experienced a total of 31 crimes as of August 2024, which is down 30% in comparison to 44 crimes as of August 2023. To review the full Country Hills Crime report visit cout.mycalgary.com.

Panorama Hills Crime Activity was Unchanged in August 2024

The Panorama Hills community experienced 8 crimes in August 2024, in comparison to 8 crimes the previous month, and 14 crimes in August one year ago. Panorama Hills experiences an average of 8.0 crimes per month. On an annual basis, Panorama Hills experienced a total of 96 crimes as of August 2024, which is down 41% in comparison to 162 crimes as of August 2023. To review the full Panorama Hills Crime report visit 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, or text tttTIPS to 274637.

Joke of the Month

Dogs can't operate MRI machines.

But catscan.



So Are the Days of Our Lives

Days of Our Lives first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



Update from the Country Hills Playground Boosters

It's hard to believe the Country Hills Playground Boosters turned one years old in July! Change takes time, especially when we needed to learn so much about building playgrounds and community connections.

Speaking of community connections, Country Hills neighbours know how challenging that is as we often leave our little community for so many of our activities such as work, school, and recreation. One of the goals of the Country Hills Playground Boosters is to create community spaces where we live, and we're celebrating all our wins.

Mostly recently, a pair of brand-new picnic tables were installed at our first project playground located at 1052 Country Hills Circle NW in July. The picnic benches are the result of our growing relationship with our City of Calgary Neighbourhood Partnership Co-ordinator. We're so happy to hear from folks that they have a place to sit and gather!

We've also been busy meeting neighbours face to face while door knocking. Online communication is great, but not everyone is on social media, and it can't replace authentic human interaction. Many neighbours are new to the area, and it's been wonderful to tell them all the things that make Northern Hills an awesome place to live.

Change takes time, and realistically our first playground will be complete in three to four years—but the growth and community building help us get to the finish line faster.

Look us up on Facebook and Next Door to follow along on our journey and keep in touch with our progress.



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Tips and Gifts for a Less Stressful Holiday Season

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



1. Plan Ahead: You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make Time to Relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

3. Put Expectations in Check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look For Help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set Limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no”

to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat, Drink... But Be Healthy: Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let Things Go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't Forget the Fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful and stress-free holiday season.



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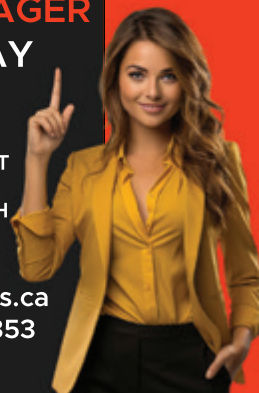
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Vending Machines and Healthy Food Choices

by Alberta Health Services

From going to work, attending school, or running errands, having a busy schedule can lead to eating more meals and snacks away from home. Foods eaten out of the house may include homemade dishes and snacks brought from home, or foods purchased from places like vending machines, convenience stores, cafes, and restaurants.



Often many of the foods prepared in restaurants and cafes or packaged foods like those found in vending machines contain higher amounts of salt (sodium), fat (saturated), and added sugars. Consuming these types of foods frequently and in large amounts may increase your risk of developing health conditions such as hypertension (high blood pressure), Type 2 Diabetes, and heart disease.

Planning ahead and being prepared for the days when you know you will be eating outside of the house can help support a healthy eating pattern. If you can, bring a packed meal from home and try to have easy and nutritious snacks on hand such as vegetable sticks with hummus or no bake trail mix. For these and other healthy snack recipes, visit ahs.ca/recipes and search 'snacks.'

We know sometimes it is not possible to bring snacks and meals from home. However, it is important to make sure you are eating and staying hydrated throughout the day to keep your body energized. To provide food options, many workplaces, schools, and recreational facilities will have food and beverages available to buy from vending machines or concession stands.

Making Good Choices!

If you find yourself in front of a vending machine in need of a snack, here are some tips you can use to help select healthier food choices:

Look for foods that contain protein, fibre, or vegetables and fruits

- Protein helps rebuild muscle and keeps you feeling full for longer. Protein foods include trail mix, protein bars, tuna kits, reduced sodium jerky and dry roasted nuts, seeds, and chickpeas.
- Fibre can help reduce cholesterol and blood sugar levels and may improve gut health. Vending machine options that contain fibre include whole grain crackers, granola bars, popcorn, and dried fruit bars.
- Vegetables and fruits contain vitamins and minerals that help keep you healthy and often contain fibre. Vegetable and fruit choices include baked snap peas, dried fruit, apple chips, and unsweetened fruit cups or sauces.

Consider how the food was prepared

- Look for foods that were baked or roasted rather than fried such as baked crackers, potato, or rice crisps and roasted seaweed snacks.
- Select nuts or popcorn without added salt or sweet coatings.

Quenching your thirst

Try to make water your drink of choice, but if you are in the mood for something different here are some healthier options you may find in a vending machine:

- Milk or fortified plant-based alternatives. Milk contains calcium, vitamin D, and protein which makes it a nutrient packed option. Some milk options have extra protein added.
- Flavoured sparkling water with no added sugars if you want something fizzy.
- Unsweetened tea or coffee.

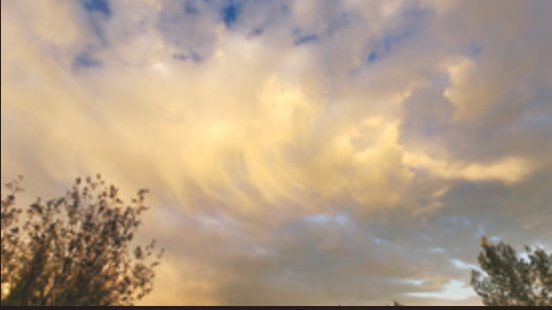
Looking for Healthier Options?

Everyone can contribute to creating a healthy food environment. Alberta Health Services has put together the Healthier Vending Toolkit which provides resources for advocating for healthy food options in vending machines and guidance on implementing healthier vending and snacks on sites like workplaces and recreational centres. You can find this toolkit by going to ahs.ca and typing 'Healthier Vending Toolkit' in the search bar.

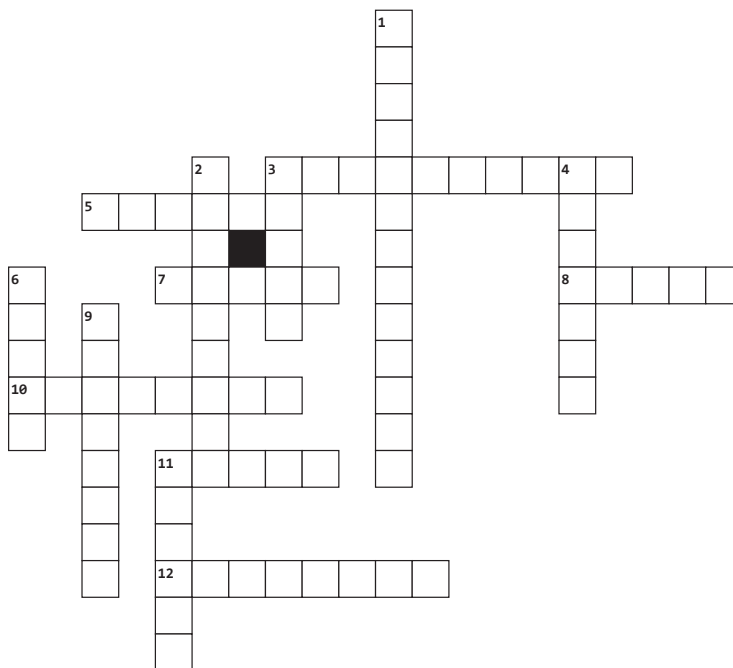
If you are interested in learning more about healthy eating where you live, work, learn, and play, go to healthyeatingstartshere.ca for more information.

Photo Gallery

by Bob Leuty



November Crossword



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Across

3. Frederick Banting, co-discoverer of insulin and recipient of the Nobel Prize in _____/Medicine, was born on November 14, 1891, in Alliston, Ontario.
5. In November 1999, beloved musician, _____ Dion, was inducted into the Canadian Broadcast Hall of Fame.
7. In November 2020, Baby _____ by Pinkfong became the most watched YouTube video of all time with over 7 billion views.
8. November has two birthstones, _____ and Citrine, best known for their warm yellow hue.
10. World _____ Day, celebrated on November 13, reminds everyone to show compassion and be helpful in their communities.
11. Canadian rock musician, _____ Adams, was born on November 5, 1959, in Kingston, Ontario and has sold more than 100 million records worldwide.
12. Known as Remembrance Day in Canada, the U.S. celebrates _____ Day on November 11 annually.

Down

1. November's birth flower, also called "mum", comes in a variety of colours and generally symbolizes longevity and happiness.
2. On November 22, 1995, *Toy Story* was released introducing the world to Woody and Buzz _____.
3. *Friends, Lovers, and the Big Terrible Thing*, written by Canadian actor Matthew _____, was released on November 1, 2022.
4. "The Great One", Wayne _____, scored his 600th career goal in the National Hockey League (NHL) on November 23, 1988.
6. This mixed-breed dog was the first live animal sent to space in Sputnik 2 on November 3, 1957.
9. The _____ Broadcasting Corporation was founded and established as a Crown Corporation on November 2, 1936.
11. November's full moon is named after Canada's national animal, the _____.



News from the Friends of Nose Hill

by Anne Burke

For two weeks in fall 2024 about 800 goats grazed a 58-hectare area of the Rubbing Stone Hill Natural Parkland Zone in Nose Hill Park. The number of goats has increased from past years because it allows the same amount to be done in half the time. Like elk and bison, the herd of livestock reduces overgrown vegetation, shrubs, and trees in grasslands. Parking was limited when the Nose Hill 64 Avenue NW parking lot partially closed to accommodate moving the goats in and out of the park. Program Ambassadors were on site at Nose Hill Rubbing Stone Hill north of the parking lot. As a precaution, parts of the park and pathways were temporarily fenced off to public access during this grazing period. Park users were asked to follow all posted signage and closures. They were not to approach the goats and were directed to avoid electric fences used to contain the animals. Cyclists should have slowed down near grazing areas. Visitor dogs had to be kept on leash for their safety because off-leash herding dogs were working in the park.

In 2016 City Council approved an amendment to the Parks and Pathways bylaw to permit targeted grazing and help recover rough fescue habitat. Depending on terrain, there have also been goats in Confluence Park, McHugh Bluff, and Ralph Klein Park, while sheep were used in an area of the Weaselhead. Goats are preferred for woody material and undergrowth, but sheep are considered better for pasture-like areas. Other methods of vegetation control combine mechanical (hand pulling) and chemical spraying. The use of grazing comes with value added for biodiversity which helps native seeds to germinate and grow. The City gains both citizen interest and engagement to promote public education.

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Here are some updates related to new City initiatives and programs.

Aurora Area Structure Plan – Engagement Session

The Aurora Area Structure Plan (ASP) includes all of the lands South of 96 Ave NE, North of Beddington Trail, East of Harvest Hills Blvd, and West of the rail line. The City is in the process of creating a new ASP for these lands.

The engagement process began with public feedback in May, and the last in-person open house is happening November 6.

You can view the background on the Aurora lands and submit written feedback at engage.calgary.ca/aurora-asp.

Calls for Chinook Blast 2025: Creators, Artists, and Artisans

Chinook Blast is right around the corner. Calgary's winter festival is gearing up and looking for partners. If you're an artisan and would like to bring your product to market, booth applications are open!

If you're a visual artist, there are funding opportunities between \$5,000 and \$40,000. There's also a contest for installations designed to endure winter weather, with prizes up to \$45,000.

For more information and to submit your proposal, visit chinookblast.ca.

Nose Creek Park Strategy: Notice of Motion

This month I will be bringing a Notice of Motion to direct Administration to develop a Nose Creek Park Strategy to guide the creation of a regional park.

If you're not familiar with the area, Nose Creek is a watershed that runs from the northern Rocky View boundary and flows south through Airdrie and Calgary before joining the Bow River. The beautiful grassland is enjoyed by many Ward 3 residents, despite it not currently being a designated park space.

Local residents formed the Nose Creek Preservation Society to advocate for the preservation of the green space. This motion will help advance this work.

For questions, concerns, or to view my voting record, visit www.jasminemian.ca.



MLA Calgary-North
Hon. Muhammad Yaseen

104 – 200 Country Hills Landing NW T3K 5P3
✉ calgary.north@assembly.ab.ca
f @muhammadyaseennyyc

Remembrance Day, on November 11, honours military personnel who died in wars, particularly since World War I. Marked by silence, ceremonies, and red poppies; the day is a time for reflection and gratitude for sacrifices made for peace and freedom.

To keep up with fast-rising student enrolment, Alberta's government is committing \$8.6 billion through the new School Construction Accelerator Program. This program will create more than 200,000 new and modernized spaces for students to learn, grow, and reach their full potential. Starting in Budget 2025, Alberta's government will kick-start up to 30 new schools and as many as eight modernizations and replacement schools every year for the next three years.

In 2023, visitors spent a record-breaking \$12.7 billion in Alberta, supporting jobs and businesses province wide. This surpasses the previous record by nearly 20%, injecting \$2 billion more into the province's economy than in 2022. 2023's record-setting year shows that Alberta's tourism strategy is working, and investments made by Alberta's government in the province's tourism sector are paying off.

Alberta's government is committed to ensuring seniors have access to safe, secure, and affordable homes. As part of this commitment \$680,000 has been invested through Alberta's Affordable Housing Partnership Program into a project with Silvera for Seniors. Alberta will continue to work closely with housing partners like Silvera for Seniors to ensure seniors have the supports they need.

Camp Kindle is Alberta's only camp dedicated, and medically equipped, to care for children with cancer, which is why Alberta's government is providing \$500,000 to the Kids Cancer Care Foundation of Alberta to expand capacity and accessibility at the camp.

Special thanks to my constituents for their continued support as I carry out my duties as your MLA.

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Float Like a Butterfly

The female Queen Alexandra's birdwing, the largest butterfly in the world, boasts a stunning wingspan of 25 to 30 centimetres! These magnificent butterflies make their home in the lush rainforests of Oro Province in Papua New Guinea. Talk about a tropical treasure!



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Were you in a NAPLS study?

- We are trying to find people who previously took part in any of our NAPLS studies at the At-Risk for Mental Illness Research Program.
- We invite you to participate in a short interview so we can learn how you have been doing.

For more information, please contact:
403-210-8740 or napls@ucalgary.ca

The University of Calgary Conjoint Health Research Ethics Board has approved this research study "Predictors and Moderators of Long-Term Outcome of Persons at Clinical High Risk for Psychosis" (REB21-1762)

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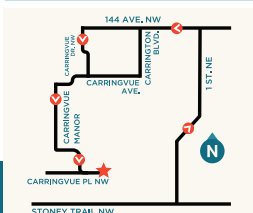
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