

MAY 2025

DELIVERED MONTHLY TO 11,200 HOUSEHOLDS

your PANORAMA COUNTRY HILLS HILLS

BRINGING PANORAMA HILLS AND COUNTRY HILLS RESIDENTS TOGETHER



The Slant by Syed Adeel Hussain



(403) 532-0711

New Patients Always Welcome!

Caring for your Neighbourhood
Smiles Since 2005

www.NorthernHillsDental.com





LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP

YOUR HOME SOLD GUARANTEED!*

**Call to find out more about our
Innovative Consumer Programs**

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

**Call us to help you navigate through
the changing real estate world**

Call or Text 403-606-8888

Email len@lentwong.com

*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.



NORTHERN HILLS
DENTAL

**Open
7 Days
A Week**

**Family Owned
& Operated**

**Complimentary
Invisalign®
Consultations**



Comfort, Care, & Convenience

Warm & relaxed atmosphere, enhanced ambient air management and sanitation, TVs and massage chairs in every treatment room.

**Complete Dental Care for Your Entire Family.
New and Emergency Patients Always Welcome!**

403-532-0711

www.northernhillsdental.com

Your Trusted Neighbourhood Dental Clinic Since 2005!
40 Panatella Blvd NW

Online Booking Available
www.northernhillschiro.ca



**Northern Hills
CHIROPRACTIC**

**WE'VE GOT YOUR BACK!
403-567-0400
OPEN 6 DAYS / WEEK**



**ACUPUNCTURE - MASSAGE - CHIROPRACTIC
ORTHOTICS - SPORTS INJURIES - PEDIATRIC CARE
PRE & POST NATAL CARE**

36 Panatella Blvd NW



Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAEGER **BBQ LAND** **RATANA** **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269



OFFICIAL

PLUMBING & HEATING


Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca



Belonging To May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.

CONTENTS

- 6 CCSD BOARD OF TRUSTEES
- 7 NEWS FROM THE FRIENDS OF NOSE HILL
- 8 RESIDENT PERSPECTIVES: THE ART OF FINDING WORK - JOB SEEKERS' TRINITY: FOCUS, ANGER, AND EVIDENCE
- 10 REAL ESTATE UPDATE
- 12 RECIPE: THAI CURRY CHICKEN
- 13 BUSINESS CLASSIFIEDS



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

PANORAMA
HILLS



COUNTRY
HILLS



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. Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



Learn more about your Calgary Catholic School District Board of Trustees!

May is an exciting time at the Calgary Catholic School District (CCSD). There is much to celebrate as we prepare to wrap up another successful school year.

Legacy K-9 School/Future Schools Update

On March 4, 2022, the Province of Alberta announced full funding for a new elementary/junior high school in the SE community of Legacy. Construction of the new school is well underway and is being managed by Alberta Infrastructure. The current estimated completion is spring 2026. Upon completion, the school will have a capacity of 510 students, with room to expand to 905 students. In addition to the school in Legacy, CCSD has another four future schools currently in various stages of development. This includes K-9 schools in Chestermere and Nolan Hill which we look forward to celebrating at sod turning events next month. CCSD has also received partial planning and design funding for five additional school projects, including the West Calgary HS. Learn more about our future schools.

While CCSD is grateful for the provincial government's investment, we do not have any new schools opening in 2025 and we need shovels in the ground as soon as possible to meet the needs of our growing student population. Calgary Catholic is experiencing consistent growth, with an expected increase of approximately 1,200 to 2,400 students per year, which will result in over 100% utilization of our schools by 2029, even with the school projects currently underway. To meet the needs of our expanding student population, CCSD continues to urge the government to prioritize additional funding for partially funded projects, recognize the urgent need

for new schools and modernizations, and provide better timeliness regarding school sites being available in early land development phases.

Mental Health Week/Complexity

Since 1951, the Canadian Mental Health Association (CMHA) has hosted Mental Health Week in May. Calgary Catholic recognizes the importance of mental health, with well-being as one of our board priorities and is proud of the various mental health supports we provide for both students and staff. In our school communities, the goal is to create learning environments for students where they feel "safe enough to learn and brave enough to try." Thank you to our school counsellors and other mental health workers for the incredible work that they do every day to support the mental health and well-being of our students. To further support the growing complex needs of our students, additional personnel support is needed in our schools, including teachers and certificated staff, as well as non-certificated staff such as educational assistants, psychologists, speech-language pathologists, occupational therapists, and physical therapists. CCSD will continue to advocate for further funding and support for complexities.

Graduation is on the horizon for many of our students and summer holidays are in sight. Wishing everyone a wonderful May!



ELEPHANT CAT



Did you know elephants can purr like cats when they're content? Unlike a cat's purr, which comes from its larynx, an elephant's purr-like sound is actually a deep rumble created by airflow through its vocal cords—how purr-fect!

Cats, Canines, & Critters of Calgary



Honey, Woodcreek



Kona, Woodlands



Marjory, Walden



Mavis, Calgary



Puff the Magic Dragon,
McKenzie Towne



Riley, Woodbine



Serendipity, Calgary



Tita, New Brighton

To have your pet featured, email news@mycalgary.com



News from the Friends of Nose Hill

by Anne Burke

We were contacted about restoration work at Nose Hill. Alberta Native Plant Rescue has some native grasses they've rescued from development sites around Calgary and can plant them out. Past stewardship projects were in Fish Creek Park and Cochrane area. Native species are popular but are at increasing risk from invasive species (weeds) and land development. This Volunteer Group gathers a variety of native grasses and rare plants, then safely relocates them. Some are rough fescue grass, the Prairie sage, blanket flower, blazing star, yarrow, and more. When the native grassland restoration project involves sharing seedlings with the public, participants should bring clean tools and be dressed appropriately.

This year's World Migratory Bird Day theme, Shared Spaces: Creating Bird-friendly Cities and Communities, highlights the urgent need for urban planning and protecting birds. It's time to rally our community and Calgary is certified as bird friendly. Saturday, May 10 marks peak spring migration in Canada. Every action counts to help save bird lives. <https://www.birdday.ca/>.

Nature Alberta is the coordinator of Important Bird and Biodiversity Areas (IBAs) for Habitat Stewardship, enlisting community and government support. National partners include Birds Canada and Nature Canada. The program was initiated in the 1980s by BirdLife International. Nature Alberta is responsible for recruiting volunteer caretakers who collect bird data; they conduct at least one bird count per year (preferably during migration) and submit the results to eBird Canada. Some other duties are conducting site assessments, restoring habitat, raising awareness, and advocacy efforts. There are currently over 600 IBAs across Canada, including 48 in Alberta all viewable on a Google map. An online directory tracks locations, birds, habitats, threats, and conservation issues. You can access the database, interactive maps, desktop tools, and downloadable PDF maps at <https://naturealberta.ca/habitat-stewardship/>.

The Art of Finding Work - Job Seekers' Trinity: Focus, Anger, and Evidence

by Nick Kossovan



Though I have no empirical evidence to support my claim, I believe job search success can be achieved faster by using what I call “The Job Seekers’ Trinity” as your framework, the trinity being:

- The power of focus
- Managing your anger
- Presenting evidence

Each component plays a critical role in sustaining motivation and strategically positioning yourself for job search success. Harnessing your focus, managing your anger, and presenting compelling evidence (read: quantitative numbers of achieved results) will transform your job search from a daunting endeavour into a structured, persuasive job search campaign that employers will notice.

The Power of Focus

Your life is controlled by what you focus on; thus, focusing on the positives shapes your mindset for positive outcomes. Yes, layoffs, which the media loves to report to keep us addicted to the news, are a daily occurrence, but so is hiring. Don’t let all the doom and gloom talk overshadow this fact. Focus on where you want to go, not on what others and the media want you to fear.

Bonus of not focusing on negatives: You’ll be happier.

Focus on how you can provide measurable value to employers.

If you’re struggling with your job search, the likely reason is that you’re not showing, along with providing evidence, employers how you can add tangible value to an employer’s bottom line. Business is a numbers game, yet few job seekers speak about their numbers. If you don’t focus on and talk about your numbers, how do you expect employers to see the value in hiring you?

Managing Your Anger

Displaying anger in public is never a good look. Professionals are expected to control their emotions, so public displays of anger are viewed as unprofessional.

LinkedIn has become a platform heavily populated with job seekers posting angry rants—fueled mainly by a sense of entitlement—bashing and criticizing employers, recruiters, and the government, proving many job seekers think the public display of their anger won’t negatively affect their job search.

When you’re unemployed, it’s natural to be angry when your family, friends, and neighbours are employed. “Why me?” is a constant question in your head. Additionally, job searching is fraught with frustrations, such as not getting responses to your applications and being ghosted after interviews.

The key is acknowledging your anger and not letting it dictate your actions, such as adding to the angry rants on LinkedIn and other social media platforms, which employers will see.

Undoubtedly, rejection, which is inevitable when job hunting, causes the most anger. What works for me is to reframe rejections, be it through being ghosted, an email, a call or text, as “Every no brings me one step closer to a yes.”

Additionally, I’ve significantly reduced triggering my anger by eliminating any sense of entitlement and keeping my expectations in check. Neither you nor I are owed anything, including a job, respect, empathy, understanding, agreement, or even love. A sense of entitlement and anger are intrinsically linked. The more rights you perceive you have; the more anger you need to defend them. Losing any sense of entitlement that you may have will make you less angry, an emotion that has no place in a job search.

Presenting Evidence

As I stated earlier, business is a numbers game. Since all business decisions, including hiring, are based on numbers, presenting evidence in the form of quantitative numbers is crucial.

Which candidate would you contact to set up an interview if you were hiring a social media manager:

"Managed Fabian Publishing's social media accounts, posting content daily."

or

"Designed and executed Fabian Publishing's global social media strategy across 8.7 million LinkedIn, X/ Twitter, Instagram, and Facebook followers. Through consistent engagement with customers, followers, and influencers, increased social media lead generation by 46% year-over-year, generating in 2023 \$7.6 million in revenue."

Numerical evidence, not generic statements or opinions is how you prove your value to employers. Stating you're a "team player" or "results-driven," as opposed to "I'm part of an inside sales team that generated in 2023 \$8.5 million in sales," or "In 2023 I managed three company-wide software implementations, all of which came under budget," is meaningless to an employer.

Despite all the job search advice offered, I still see resumes and LinkedIn profiles listing generic responsibilities rather than accomplishments backed by numbers. A statement such as "managed a team" doesn't convey your management responsibilities or your team's achievements under your leadership. "Led a team of five to increase sales by 20%, from \$3.7 million to \$4.44 million within six months" shows the value of your management skills.

Throughout your job search, constantly think of all the numbers you can provide—revenue generated, number of new clients, cost savings, reduced workload, waste reduction—as evidence to employers why you'd be a great value-add to their business.

The Job Seekers' Trinity—focusing on the positive, managing your anger, and providing evidence—is a framework that'll increase the effectiveness of your job search activities and make you stand out in today's hyper-competitive job market, thus expediting your job search to a successful conclusion.

In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough
No shame in having need
At times the road is harsh and rough
Confused this world indeed

It's crucial that we all reach out
In giving and receiving
To rise above the walls of doubt
Together we're believing

We're here to care, we're here to share
For that's what life's about
In loving kindness, hearts prepare
The Food Bank helping out



Partnered with Northern Hills Community Association

Players ages 4 - 19



northsidesoccer.ca



LIGHTNING BOLT MUSIC SCHOOL

AGES 9-17

JULY 2025

WEEKLY CAMPS

SUMMER Camp

403-819-1977

52 BEACONSFIELD CRES NW





Panorama Hills • Country Hills

Northern Hills Community Association

11950 Country Village Link N.E. Calgary, AB | T3K 6E3

Phone:403.226.6422 • Fax:403.226.6421

www.northernhills.ab.ca • admin@northernhills.ab.ca

Last 12 Months PANORAMA HILLS
MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
April 2025	\$584,900	\$571,250
March 2025	\$419,900	\$425,000
February 2025	\$386,450	\$374,750
January 2025	\$379,900	\$368,000
December 2024	\$449,900	\$440,000
November 2024	\$476,400	\$468,950
October 2024	\$432,500	\$419,750
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

Last 12 Months COUNTRY HILLS
MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
April 2025	\$507,450	\$511,750
March 2025	\$521,750	\$512,000
February 2025	\$439,900	\$430,000
January 2025	\$534,900	\$550,000
December 2024	\$534,900	\$551,112
November 2024	\$467,500	\$464,250
October 2024	\$494,900	\$463,500
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

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



Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



Chanel No. 5

On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!



Councillor, Ward 3
Jasmine Mian

✉ ward03@calgary.ca 🌐 jasminemian.ca
f @jasminemian @jasmine.mian
X @jasmine_mian

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

Rain Barrel Rebate

The City is partnering with Green Calgary to offer a \$50 rebate on up to two rain barrels to each Calgarian.

Using a rain barrel is a great way to conserve water, reduce the amount of rainwater runoff entering the stormwater system and flowing into our creeks and rivers, and save money on your water bill.

You can purchase rain barrels from a local vendor or directly from Green Calgary and submit your receipt for a rebate. Visit calgary.ca/water for full details.

Community Cleanups

Community Cleanup events are an opportunity for Calgarians to dispose of items that do not fit into their waste and recycling carts.

Spring Cleanups are ongoing until June 28/29.

Summer Cleanups run from July 5/6 to August 30/31.

All events take place on Saturdays or Sundays from 9:00 am to 2:00 pm.

Check out calgary.ca/communities for the full schedule and to find a cleanup near you.

Neighbour Day Applications

Neighbour Day is coming up on June 21! Created in 2013 after the flood, Neighbour Day is Calgary's celebration of community spirit.

Communities can host their own block party or be a part of a community-wide centralized event through a local organization. Applications are open now – check out calgary.ca/events for full details.

For questions and 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 @muhammadyaseenyyc

Happy Mother's Day to all the amazing moms, grandmas, and caregivers! Your love, strength and wisdom deserve celebrating every day. Thank you for being the heart of our families and communities.

To address Calgary's rapid population growth and rising school enrolments, the government has approved 18 new school projects, adding 14,400 student spaces. Design funding has been allocated for 10 Calgary Board of Education schools, in Cornerstone, Sage Hill, Livingston, Nolan Hill, Aspen Woods, and Sherwood. The Calgary Catholic School Division will receive design funding for a new K-9 school.

Alberta's government is boosting financial support for caregivers who offer their homes for children and youth in care, aiming to enhance well-being, address cost-of-living challenges, and strengthen stability. Investments include accessible counselling for foster caregivers, the refer-a-foster-caregiver program to expand the licensed foster family network, and new supports to aid caregivers in providing stability and connection for young adults transitioning out of care.

\$85 million in grants has been invested to strengthen communities. This includes funding for Alberta's Crowdfunding platform, capital grants, and community grant programs. Of this, \$64 million is dedicated to programs like CFEP and CIP that boost economic growth, enhance gathering spaces, and encourage community connections.

The government is also investing \$800 million over eight years in a cancer innovation value partnership with Siemens Healthineers and the Alberta Cancer Foundation. This initiative aims to improve outcomes, reduce wait times, and enhance early detection by updating oncology equipment, leveraging artificial intelligence, creating two centres of excellence in cancer care, and establishing a research and innovation fund to attract global talent.



Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

Prep Time: 20 minutes

Cook Time: 35 minutes

Servings: 4 to 6

Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Panorama Hills and Country Hills. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

PANORAMA | COUNTRY HILLS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

HERITAGE WEST PLUMBING AND HEATING: Furnace, boilers, and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**the
Gutter
Doctor®**

403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

CANADIAN UNICORNS

Around 75% of the world's narwhal population calls the northern waters of Nunavut, Canada, home. These real-life "sea unicorns" thrive in our Arctic waters, especially in the summer months. How magical!





Calgary
Humane
Society

REPORT

ANIMAL
ABUSE

ANIMAL
NEGLECT

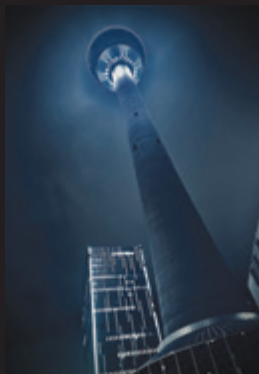
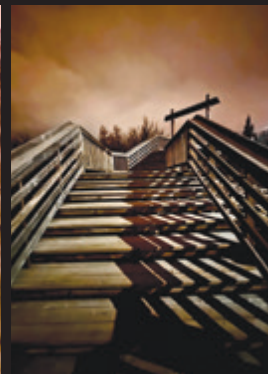
ANIMAL
ABANDONMENT

END ANIMAL CRUELTY

To report
animal cruelty call
403-205-4455

Learn more at CalgaryHumane.ca

Photo Gallery by Stu Franklin



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



*Happy,
Mother's
Day!*



SCAN ME



1,450 SQ. FT - 1,650 SQ. FT
SINGLE & DOUBLE
CAR GARAGE
3-4 BEDROOMS

PANORAMA HILLS | TOWNHOMES

RARE TO FIND LOCATION
MODERN FINISHES

STARTING FROM \$499,900



ARSHDEEP RANDHAWA



403-512-1566

RE/MAX
REALTY INNOVATIONS

5 Rivers
REAL ESTATE CAN

Call Your Local Panorama REALTOR®

PRE-CONSTRUCTION POSSESSION DEC 2025

*Tentative, Subject to change