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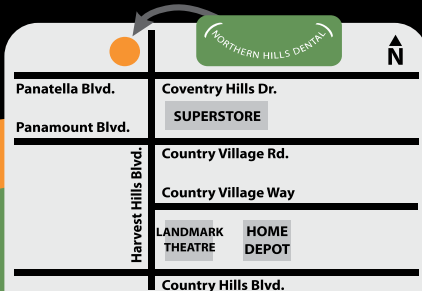
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ELECTED OFFICIALS



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Email: michelle.rempel@parl.gc.ca
Website at www.michellerempel.ca



Councillor Jyoti Gondek
Ward 3 Office
www.calgary.ca/ward3

Yeah, you sent her a card, but did you build her a shrine?

Andrews Methodist Episcopal Church has been designated as a shrine to all mothers.

The founder of Mother's Day, Anna Jarvis, attended the church in her youth and sent over 500 carnations on May 10, 1908, to be distributed to the congregation's mothers. In 1914, Mother's Day became a nationally observed holiday in the United States.



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88 Panamont Hill NW | 403-226-4386 | www.mypanoramahills.com

Hours of Operation:

Monday – Sunday: 10:00AM – 9:00PM

Facebook Twitter Instagram: @mypanoramahills

PLEASE NOTE:

Only Panorama Hills Residents that pay fees to the Northstar Residents Association have access to the facility and park.

General Manager:	TBA	gm@mypanoramahills.com
Office Manager:	Mara Roque	office@mypanoramahills.com
Coordinator, Programs & Community Relations	Maren Tryon	programs@mypanoramahills.com
Board of Directors		bod@mypanoramahills.com

News & Updates:

NRA FEES

Your Northstar Residents Association Fees are due April 30, 2019. You can pay your fees online with the access code information found on your invoice or by logging on at www.mypanoramahills.com. You can also come into the Panorama Hills Community Centre and pay your fees in person.

Neighbour Day Community Market & Festival - NEW EVENT

Saturday, June 15, 2019 | 12:00PM - 6:00PM

This brand-new event brings all of our neighbours together for a wonderful celebration! We will be having local vendors displaying their unique products, entertainment and amazing food throughout the day! The market kicks off at 12:00PM with a variety of shows and entertainers throughout the day. This event is open to the public! We want our neighbours from all over Northern Hills to join us! Come enjoy the splash park and some local food vendors as well!

VENDORS WANTED:

Are you a vendor that is interested in participating? You can download the vendor application from our website at www.mypanoramahills.com. Send your vendor application to us at programs@mypanoramahills.com.

Interested Vendors Please Note: Tables are available to rent for \$45 for 1 or \$65 for 2. We also have a limited number of 10x10 pop up tents available rent for an additional charge of \$50. Power will not be supplied. Secure Wi-Fi access is available. Vendors with unique, one-of-a-kind items/offerings will be given preference. The application for vendors is available online at www.mypanoramahills.com.

PHCC EASTER SHELL-EBRATION

Saturday, April 20 | 1:00PM - 4:00PM (This is an Outdoor Event and is Weather Dependant)

Join us for a day full of Easter celebrations! Our friends from Creative Edge Flowers will be here to provide a beautiful spring flower workshop for the first 50 families. We will have the Easter Bunny here for a visit, face painting, an amazing balloon artist and to top it off we will host the much-anticipated Easter Egg Hunt! We can't wait to spend the day with you! Check out our website, www.mypanoramahills.com

Password: Acorn1234



Squirrels are one of the top threats to power grids, so much so that the American Public Power Association tracks data of squirrel incidents which they call "The Squirrel Index." Some commentators have joked that squirrels are bigger cyber terrorist threats than foreign powers.





Geraniums

by Barbara Shorrock

Barbara Shorrock has been gardening in Queensland for over 40 years.

All geraniums are perennials—they are just not all perennial in our zone. They belong to the Geraniaceae family and are separated into the genus *Geranium* and the genus *Pelargonium*.

Most gardeners are familiar with the typical bedding plant or potted variety available in garden centres and retail stores everywhere in the spring. We plant them in beds, flower boxes and hanging baskets, and enjoy the blooms from June through September, until we toss them into the composter and plan for next year. These familiar “geraniums” are actually pelargoniums, despite the common geranium label. They grow naturally in some areas of Africa, Saudia Arabia, the Mediterranean, Australia and New Zealand. They like lots of sun, warm to hot temperatures, and a little lime in their soil. Pelargoniums are not frost tolerant but can be kept alive for many years if moved indoors or to a heated greenhouse during winter. The most common varieties we see here are Ivy, Scented, Regals and Zonals.

Zonal pelargoniums are upstanding, erect plants with stiff succulent stems, and fairly rounded leaves. They are most popular in our area and are so named because of the leaf coloration—the zone takes a uniform position around the heart-shaped leaf and is set well inside the leaf margin. The leaf may be green, white or cream, with the zone color contrasting or complementing. Flowers can be single, double or semi-double all clumped into a ball on a single succulent stem. Each individual bloom has 5 petals, although there are exceptions. Colors occur in the warm to hot ranges, from white through all the pinks and peaches to red and burgundy. Sizes include dwarf (max 12 inches in height), miniatures (max 7 inches), and a whole range of others up to shrub size. Gardeners with limited space pinch the branch tips back to encourage compact bushy growth. Easy to grow and maintain with regular watering and warm to hot sunshine, they provide a splash or a carpet of color all summer long.

Regals (most often seen labeled ‘Martha Washington’) have dramatic large flowers with wavy, fringed, pansy or simple shapes. The petals are blotched or streaked with darker col-

ors, providing an endless variety to choose from. I have not found these as hardy to over-winter as the zonals but am determined to keep on trying.

Scented varieties are chosen for the leaves, which come in such scents as rose, mint, citrus, lavender, chocolate, and even Jell-O! Ideally, you should place these plants where their leaves will be brushed in passing, releasing their perfume to be enjoyed.

Ivy-leaved varieties are most popular for hanging baskets, as they have been hybridized to emphasize a trailing habit. They will also climb, if given some help. Forgetting to water or feed can have beneficial results. The stress sometimes changes the pigments in the leaf so that attractive pinks appear in place of greens especially around the edges of the leaves.

True Geraniums are the real perennials here, as many of them are comfortable in Zones 3 and 4. Coming from wild species that have been toughing it out on mountain sides and forest edges, they fit very nicely into our Chinook belt. Commonly referred to as “Cranesbills”, the fruiting body has a long point that looks like its namesake. The flowers are smaller and fewer per group, although maintaining the 5-petals pattern. Colors range from white through purple, with some blues. At the base of each petal is a nectary which produces a sugary nectar. Bees are greatly attracted to these flowers and will flock to your garden if you have geraniums planted. The foliage of wild geraniums is diverse and beautiful. The leaves are mostly divided into five, each of which is much indented. They typically grow in a mound or hummock, or tall, with an open rosette at the base. Useful as a ground cover, they are known to stop weeds in their tracks. They can be naturalized in meadows and woodland gardens and will self-seed in the right conditions. The blooming period is much shorter, (late spring to midsummer) although you can encourage a second show by cutting off all the spent blooms before they set seed. In the meantime, enjoy the leaves and shapes. They can be grown in a sunny bed, or part shade under trees, with more moisture. A lime-type soil (as most of us have here) is welcome.

Calling Local Runners to Participate in ‘parkrun’

by Suzanne Brooks, Event Director and parkrun Ambassador

In September 2016, a very special community event started at Nose Hill Park called parkrun. A fantastic FREE, WEEKLY, TIMED 5k run/walk.

It started in the UK, in London in 2004 and has spread to many countries around the world.

If you want to get active in your local community and can walk/run/volunteer, then anyone can do so for FREE. It is very easy to sign up online (find the link on www.parkrun.ca/nosehill) and you receive an email with your own personal barcode. Print out your barcode and bring it with you to any event in the world if you would like your time recorded.

Nose Hill parkrun starts just in from the Edgemont Blvd, Shaganappi car park every Saturday at 9am. No need to sign up each week in advance, you just turn up!

You won't get lost, as the route is a simple two loops and well marked with signs. You will never be “last” as that is

the job of the volunteer tail walker. It is the same course each week, so a great way to keep track of your fitness and progress.

After the event, we go to “Friends” cafe in Edgemont for a well-earned coffee, a chat, and to process the results. We also keep in touch through the Nose Hill parkrun Facebook page and a Facebook group called Calgary parkrun members.

Results are kept online, and it is very motivational to see your progress and work towards your 50- or 100-mile-stone run. All ages and abilities take part, and you can run with 1 dog on a lead.

There are now 23 parkruns throughout Canada and we now have 3 in Alberta too (check the website www.parkrun.ca).

So, what are you waiting for? Get signed up, print out your barcode, and come and join us!





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Escape from the Cold



Photos by Bob Leuty



Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca



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We make this process easy and help put your mind at ease. Call or email us to book your appointment today.

Shibley & Company has been serving clients in northwest Calgary for over 25 years, and takes pride in excellent service to our clients. For more information, please visit our website www.shibleyandcompany.com or call us at 403.275.3230.

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News from the Friends of Nose Hill

by Anne Burke

Don't forget to check out our website at www.fonhs.org for all the information you will need about Plants in Bloom for the May Flower Count, during the last week of May (25-31). This is an annual event, when volunteers survey their favourite natural areas and provide valuable data on the distribution of flowering plants in Alberta. Conduct a fun "trek and check" through your favourite natural space. Expertise in wildflower identification is valuable, but not mandatory. Use our alphabetical flower list, which has space to record how far in bloom the flowers are.

Urban ecology and biodiversity are free and family friendly, in backyards, gardens, schoolyards, local parks, and community green spaces. At any time, citizen scientists can find nature, take photos of their finds, and share their observations by iNaturalist.ca. The app is free, enables identification, and operates all over the world now.

The Calgary City Nature Challenge involves taking photos of plants and animals (26-29 April) and then identifying them (30 April-5 May). Winners are announced 6 May (www.calgarynatureyyc.ca). Calgary, Halifax, and Richmond, B.C. are only 3 of the over 160 cities worldwide to compete for the most observations, number of species, and participants (www.citychallenge.org). Started in 2016 with 2 cities, the City Nature Challenge went national, in 2017, and, in 2018 with 68 cities, became an international event!

The new City Parks and Pathways Bylaw states: "natural area" is a park or portion of park space where the primary role is the protection of an undisturbed (or relatively undisturbed) area of land with characteristics of a natural or native plant community. The Director, Calgary Parks, may close or restrict the use of any park (or portion of a park) to protect endangered or at-risk species; to preserve vegetation required for wildlife; and to rehabilitate a natural area.

To disturb wildlife in a park (\$200-\$300), to disturb or damage park vegetation (\$200-\$300), and to remove park vegetation (\$150-\$250) are only a few of the minimum and specified fines for offences.



Panorama Hills/ Country Hills

mybabysitterlist

Name	Age	Contact	Course
Adesola	16	587-585-4296	No
Ali	16	587-229-3392	Yes
Aman	42	403-401-1060	Yes
Ava	14	403-993-2283	Yes
Bushy	48	403-452-0383	Yes
David	14	587-500-3544	No
Donna	13	403-272-5478	Yes
Ejay	18	403-714-4538	No
Evan	15	403-879-6209	Yes
Evie	15	587-889-0110	Yes
Hadeya	14	587-703-5569	Yes
Havanna	13	403-479-5751	Yes
Janelle	11	587-500-3430	Yes
Jennifer	17	403-402-7325	No
Josephine	18	403-402-5752	Yes
Kim	18	587-227-6746	Yes
Lily	17	403-730-1611	Yes
Lily	12	587-892-9763	Yes
Luke	15	403-730-1611	Yes
Meredith	12	403-803-6385	Yes
Nika	13	403-404-0696	Yes
Shanila	41	403-805-6904	Yes
Shazia	49	403-472-9001	Yes
Sonia	35	403-285-5526	Yes
Sonia	35	403-918-6424	Yes
Tobi	18	403-909-6908	Yes
Zoey	16	403-803-2052	Yes

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Calgary Nose Hill
Hon. Michelle Rempel, MP
 #115 – 70 Country Hills Landing N.W.
 Calgary, AB, T3K5P3
 403-216-7777
 michelle.rempel@parl.gc.ca
 www.michellerempel.ca

As of February 2019, Calgary had the worst unemployment of any Canadian city. So, it comes as no surprise to our community that jobs and the economy are issues that are of great importance to me. I continue to fight for the workers and families in my riding as your Member of Parliament in Ottawa.

On May 23, I will once again be hosting a Career Services event at Foothills Alliance Church. The event, which is **not a job fair**, will start at 6:00 PM and run until 8:00 PM. This event aims to assist those who are looking for work by connecting them with service providers and resources that can assist with job search, resume writing, interview skills, and enhance online job search techniques.

This event is free to attend and will showcase local organizations and resources available to individuals in Calgary that can assist with a job search or help with the challenges that come from unemployment. For a full list of participating organizations please visit www.MPRempel.ca

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Ask Charles

I've recently started hearing reports about radon in Alberta homes. If I'm buying a home in Alberta, is it something I should be concerned about?

You're right to be asking this question. A lot of people aren't familiar with radon, but they should be.

Radon is an odourless, tasteless, colourless radioactive gas that is the by-product of uranium decay. Uranium occurs naturally in soil and rock formations, and places with higher than normal uranium deposits, such as Alberta and Saskatchewan, have higher radon levels.

Radon seeps through the earth and into basements, where it can become trapped because of the efficient way our homes are sealed from the outside elements.

Prolonged exposure to radon can lead to health problems, including lung cancer. In fact, after smoking, radon gas is the leading cause of lung cancer.

Unfortunately, there's not much that can be done during the offer and negotiation phase of a real estate transaction because reliable radon tests take 90 days to complete. That's much longer than a typical offer to purchase timeline including time for condition removal.

However, some Alberta homeowners are having their homes tested for radon knowing what a serious health issue it is. If you find a home you're interested in, ask the seller if they've had their home tested and ask for

the test results. If the radon test showed high levels of radon (higher than 200 Becquerel), that's considered a material latent defect that **MUST** be disclosed to prospective buyers unless a radon mitigation device is installed prior to listing.

The good news when it comes to radon is that it's a solvable problem. Even if you fall in love with a home that hasn't had a radon test or the results are high, a radon mitigation device can be installed to vent radon gas outside the home from the basement. Mitigation costs vary but are often not more than \$2,000-\$3,000. Hire a Certified Radon Technician to install the device to ensure it's done properly.

If you buy a home that hasn't had a radon test done, we encourage you to proceed with a radon test within 90 days of possession. This is health issue, and radon testing, and mitigation is money well-spent. For more information about radon, go to Health Canada's website and search "radon."

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



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from 2-8 pm

Weekends
from 12-5 pm

**CARRINGTON
SOUTH**



CARRINGTONSOUTH.COM





YOUR HOME SOLD IN 90 DAYS OR WE BUY IT!*

Let Len and his team put their 30+ years' experience with the Calgary real estate market to work for you. Contact Len T. Wong & Associates to find out why we are the **PROVEN LEADERS** in Calgary Real Estate.



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& ASSOCIATES



GREATER PROPERTY GROUP

Call or Text

403.287.4888 

office@lentwong.com 

calgaryluxuryhomesearch.com 

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



Huntington FAMILY DENTAL

where your neighbours go

Here's an example of our pricing
versus the New Alberta Fee Guide

*We're the same fee
if not lower!*

Treatment Description	2018 ADA Fee Guide Pricing	Huntington Family Dental Pricing
New Patient Exam	\$101.48	\$89.97
New Patient Pediatric Exam <i>(under 6)</i>	\$71.17	FREE*
New Patient Child Exam	\$97.00	FREE*
4 X-ray Bite Wings	\$78.37	\$78.37
3 Units Scaling	\$201.48	\$201.48
Polishing	\$59.84	\$59.84
Fluoride Treatment	\$28.99	\$28.99
Panorex X-Ray	\$88.32	\$85.00

*free exams when booked with hygiene and xrays.

PAY ONLY YOUR PORTION ... WE DIRECT BILL!

We file claims on your behalf!

No interest financing options available.

We help you understand your insurance and maximize your benefits to ensure you get the treatment you need.



CHILDREN'S DENTAL CARE

Prevention and Oral Hygiene for your superheros!

You're invited to call **403.295.9335**

EMERGENCIES SEEN SAME DAY!

ALWAYS WELCOME NEW PATIENTS

Open **6** days
per week

Convenient evening & weekend
appointments available.

Do you feel anxious
about dental visits?

SEDATION DENTISTRY

Could Help You!

CALL TODAY FOR DETAILS

AFFORDABLE DENTAL IMPLANT

✓ Single Dental
Implant

✓ Abutment

✓ All Ceramic Crown
And Dental Consult

\$2995

Huntington Family Dental

570 64th Ave NE

Your Huntington Hills Dental Choice
Located in the Hunterhorn Plaza



403.295.9335

Family Dentistry for ALL ages

- IV sedation available
- Dental Implants
- Digital technologies for your safety and dental lasers for your comfort
- Root canal treatment & wisdom teeth removal



Doctors:

Dr. George Chao
Dr. Shora Forootan
Dr. Mohammed Zeina
Dr. Martine Anderson

Office Hours

Monday	7 am - 4 pm
Tuesday	7 am - 7 pm
Wednesday	7 am - 4 pm
Thursday	7 am - 7 pm
Friday	8 am - 3 pm
Saturday*	8 am - 3 pm

*(Alternating)

*(Opening soon on Saturdays)

Your Health ... Your Smile ... Your Dentist