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		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	22	0	1	\$1,149,000	\$1,107,500
November	22	1	0	\$0	\$0
October	22	0	1	\$650,000	\$636,500
September	22	2	1	\$1,089,900	\$1,025,000
August	22	0	2	\$2,135,000	\$2,076,000
July	22	1	3	\$849,900	\$827,500
June	22	1	1	\$2,750,000	\$2,850,000
May	22	4	0	\$0	\$0
April	22	1	0	\$0	\$0
March	22	0	2	\$1,447,000	\$1,357,500
February	22	3	2	\$761,500	\$752,500
January	22	0	0	\$0	\$0

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

Membership Application

Palliser • Bayview • Pump Hill Community Association

www.pbpcommunity.ca



One Year Membership: Household cost: Regular \$25 (discounted for 55+ \$10/household)

Please see <http://pbpccommunity.ca/membership> for terms and conditions

Membership is 12 months from date of purchase.

We / I live in: ☐ Palliser ☐ Bayview ☐ Pumphill ☐ Other

Name: _____

Additional household members' names (ages for kids): _____

Full Address: _____

Phone: _____ Cell/SMS: _____

Email*: _____

Contact Preference: ☐ Phone ☐ Email

☐ I agree that PBPCA may send me emails about PBP events, programs, or current affairs.

*We value your privacy. We will not rent or sell your email address.

The PBP community holds many successful functions each year thanks to the tremendous help of our volunteers. If you would like to become involved, please indicate below where you would be interested in volunteering:

- ☐ Board Member
- ☐ Family Skate Days
- ☐ Garden Maintenance
- ☐ Casino

Check your most up to date news about your community on Facebook and Instagram!

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 **@pbp_community**



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Contact Jim Heaton for more information
jheaton@heritagepark.ca

HeritagePark.ca



OAKRIDGE
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We are moving and have changed our name! Our new address is Suite 245, 125 Oakmoor Plaza SW which is in the new Co-Op Professional Centre on the southwest side of the shopping centre. The location has two elevators and ample free parking close to the building for your convenience.

Along with the new location, we are now operating under the name of Oakridge Denture & Implant Centre, which reflects our many professional services.

Charles and the staff look forward to seeing you in our new clinic. Please give us a call to set up an appointment and ensure we are in our new location. Our phone number is still 403-251-1522.

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Denturist, Denture Specialist

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INCLUDING

- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and more...

SCAN HERE



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FitKarvaan Foundation Offers Free Yoga Zoom Sessions to PBPCA Members

by John Kipp

Sushma Mahajan, PBPCA VP, reached out to the director of the of the FitKarvaan Foundation to enquire about yoga classes for the community. FitKarwaan offers yoga classes six times a week at 9:00 am and once or twice in the evenings. The foundation is happy to offer free one hour yoga classes to our members.

In order to participate, members must use the JotForm QR code below to register for classes. In addition, members who register will be asked to sign a safety waiver. Once completed, a Zoom link and password is sent via email.

The foundation's website has their weekly schedule and members can also join their WhatsApp group to stay on top of class schedules.



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		SINGLE FAMILY HOMES	PRICE	CONDOMINIUMS	PRICE
PALLISER	Active	2	\$859,900 - \$939,900	3	\$309,900
	Sold	2	Low \$640,000s - High \$760,000s	4	Mid \$250,000s - High \$390,000s
BAYVIEW	Active	1	\$1,995,000	0	-
	Sold	1	High \$1,100,000s	0	-
PUMP HILL	Active	1	\$2,348,000	0	-
	Sold	0	-	0	-



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Community Crime Beat – November 2022 Year-to-Date

by John Kipp

November 2022 - Year-to-Date	Palliser	Bayview and Glenmore Landing	Pump Hill	YTD High	Community
Assault (Non-domestic)	2	1	2	319	Beltline
Commercial Robbery	0	0	0	200	Beltline
Street Robbery	0	0	0	56	Downtown Core
Violence 'Other' (Non-domestic)	3	1	6	88	Beltline
Break and Enter - Dwelling	1	1	5	41	Varsity
Break and Enter - Commercial	1	3	2	200	Beltline
Break and Enter - Other Premises	5	0	0	50	Killarney/Glengarry
Theft of Vehicle	5	0	2	123	Forest Lawn
Theft from Vehicle	21	11	2	398	Beltline
Social Disorder	74	42	54	5910	Beltline
Physical Disorder	6	8	2	408	Beltline
Totals	88	67	75	7793	

Source: Calgary Police statistical reports

Has someone ever tried to...

- Control your money or actions?
- Force you to sign papers against your will?
- Make you feel unsafe?
- Touch you in ways that you did not want?
- Hurt you physically?
- Deny you food, clothing, medication, medical care or proper shelter?

Elder abuse

is any action or inaction by self or others that causes harm to the health and well-being of any older adult.

Elder abuse can take several forms including financial, emotional, physical, sexual, medication and neglect.

Any kind of abuse is unacceptable.

Remember, it's not your fault.



To report a concern or get help for yourself or someone you know:

- In case of emergency, call **9-1-1**
- Calgary Police Service non-emergency line: **403-266-1234**

To get information or support:

- Elder Abuse Resource Line: **403-705-3250**
- 403-SENIORS: **403-736-4677**
- Talk to your family physician or someone you trust



Prepared by the "Coordinated Community Response to Elder Abuse" Action Team with Age-Friendly Calgary, Alberta Health Services, Calgary Catholic Immigration Society, Calgary Chinese Elderly Citizens' Association, Calgary Legal Guidance, Calgary Police Service, Calgary Seniors' Resource Society, City of Calgary, Diocese of Calgary, Distress Centre Calgary, HomeFront Calgary, Immigrant Services Calgary, Jewish Family Service Calgary, Kerby Centre, and University of Calgary.

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CRIME STATISTICS



Palliser Crime Activity was Up in November 2022

The Palliser community experienced 4 crimes in November 2022, in comparison to 3 crimes the previous month, and 4 crimes in November one year ago. Palliser experiences an average of 3.2 crimes per month. On an annual basis, Palliser experienced a total of 38 crimes as of November 2022, which is up 27% in comparison to 30 crimes as of November 2021. To review the full Palliser Crime report visit pall.mycalgary.com.

Bayview Crime Activity was Unchanged in November 2022

The Bayview community experienced 1 crime in November 2022, in comparison to 1 crime the previous month, and 0 crimes in November one year ago. Bayview experiences an average of 1.5 crimes per month. On an annual basis, Bayview experienced a total of 18 crimes as of November 2022, which is up 64% in comparison to 11 crimes as of November 2021. To review the full Bayview Crime report visit bayv.mycalgary.com.

Pumphill Crime Activity was Up in November 2022

The Pumphill community experienced 2 crimes in November 2022, in comparison to 1 crime the previous month, and 1 crime in November one year ago. Pumphill experiences an average of 1.8 crimes per month. On an annual basis, Pumphill experienced a total of 21 crimes as of November 2022, which is up 31% in comparison to 16 crimes as of November 2021. To review the full Pumphill Crime report visit pump.mycalgary.com.

How To Report Crime In Palliser | Bayview | Pumphill: 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 ttTIPS to 274637.

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An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ____."
26. Complete this sentence: "I wish I had someone with whom I could share ____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.

My Experience with Mentorship and the “Woo Woo”

by Mary-Jo Lough, artist

My artistic process is primarily intuitive and as such, I have always struggled to discuss my work with others. Examining my work and learning how to discuss it with potential collectors was the primary reason I began looking for classes, workshops, or anything that would help me figure this out. I worked with a local company that connects artists with master artists and that's where I found the talented abstract artist Lauren Mantecon.

At the beginning of 2022 I joined an artist mentoring group with Lauren Mantecon. Lauren and I are very different people and it's one of the reasons I have learned more from her mentorship than any other. Although my ADHD mind can be all over the place and I find unpredictable connections, I am also drawn to a linear logical list-making type of existence. I prefer having concrete answers that include visible evidence (which logically, I know isn't always possible). Lauren is open to, sees, and experiences so much outside of this type of existence. She asks questions I often don't know how to answer but understand that I need to examine them further. She is spiritual, deeply grounded, and knowledgeable. This wasn't an art technique group; it was a space where we could experiment and dive deeper into answering the questions of why we make art, where it comes from within us, and what it means to us personally.

I attended an in-person workshop in Santa Fe, New Mexico, with Lauren and our group of artists. I knew heading in that I might feel vulnerable and outside my comfort zone, and boy was I right! I am one of those people who does not feel comfortable being vulnerable with others. Give me anger or frustration any day, but raw vulnerability, uh thanks, but no... However, I did recognize that this exact experience will be what pushes me to answer difficult questions and learn more about myself and my art.

The piece I created during the workshop ended up being a blend of an older style of mine and how I currently work. The older style was one I used when creating a collection shortly after my mother passed away in 2019. I entered the workshop with the intention of being open and receptive. It was a moving and powerful experience to paint in one large room with a group and to stay open to the energy. I am happy with the end result, in regard to both the work I created and what I learned about myself and my art. The piece I made is currently unnamed, but it's hung in my home, and I intend to spend time with it and continue examining and writing about the experience and what I learned from it.

I know this sounds very “woo woo,” and I agree. I have always shied away from the “New Age thing,” however, I am realizing that by doing that I have shut myself off from potentially very profound experiences. I have denied myself participating in true connection with others, and to an extent, with myself. With that being said, I am going to continue to undertake more “woo woo” things and attempt to remain open to what surfaces from them.



Auto Theft



The theft of your automobile is only the start of your nightmare. Items left inside the vehicle such as cellphones, radar detectors, iPods, etc. will be stolen as well. Your personal papers may be used to commit further crimes including credit card fraud, cheque forgery, etc. Garage door openers may be used in house break-ins, including your own. You'll have to find alternate transportation and may have to replace the stolen vehicle altogether. It can take less than a minute for a criminal to break into your vehicle and steal it. Cars are stolen each day in Calgary; no neighbourhood is immune.

Not only does auto theft cost the victim time and money, but it costs society, because it drives insurance premiums up. As well, many times stolen vehicles are used to commit other crimes.

Between January 1 and December 31, 2021, there were 1,801 vehicles stolen in Calgary, much below our normal. As of December 16, 2022, Calgary Police Service has reported 3,392 vehicles stolen (<https://data.calgary.ca/Health-and-Safety/Community-Crime-Data-Lens/syxs5a6>).

Here are some tips you can use to avoid being the victim of a car thief:

1. Always close the windows, lock the doors, and pocket the key, even if your vehicle is parked in front of your home.
2. Don't leave vehicle registration, insurance policies, credit cards, or other valuable papers in the glove compartment. Keep them in your wallet or purse.
3. Copy your license plate and vehicle information (VIN) numbers on a card and keep them with you. If your vehicle is stolen, the police will need this information to take a report.
4. Don't place any personal information on the vehicle's key ring.
5. Never leave valuables in plain view, even if your car is locked. They attract thieves. Put them in the trunk, out of sight.
6. Never hide a second set of keys in or on the vehicle. Thieves know all the hiding places. Store a spare key in your wallet.
7. Always park in well-lit areas with plenty of pedestrian traffic, when possible.
8. Many vehicles today come with some type of security system from the factory. Normally there are upgraded systems available if you ask. The best choices are systems that shut off the fuel supply so that a car can't be started or driven. Other security systems include:
 - an electronic vehicle disabling device
 - a steering wheel locking device
 - a vehicle alarm
 - a hood locking device
9. Never leave your car running unattended, even to dash into a business, store, or warming up in the winter. Vehicles are commonly stolen at ATM's, convenience stores, etc.
10. If you have a garage, use it, and lock the garage doors. Also, lock your vehicle, even when it is parked in the garage.
11. If you see suspicious people in or around motor vehicles, call the police. Call 403-266-1234 if it isn't an emergency. If it is an emergency, such as a life and death situation, injury accident, or a crime in progress, call 911.
12. If your vehicle is stolen, report it to the police immediately.



PALLISER BAYVIEW PUMPHILL
COMMUNITY ASSOCIATION

ANNUAL GENERAL

Meeting

FEBRUARY 7, 2023
7:00 PM

MAIN HALL

2323 Palliser Drive SW

TAKE ON WELLNESS

Self-Care O'Clock



Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes “you cannot help others if you do not help yourself first.” So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

Eat: Bake some treats, make a tasty salad, or cook your favorite meal. Say “yes” to what you want and enjoy every bite. You need to nourish to flourish!

Make Space: Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

Heart Health: Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

Connect: Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

Unplug: Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!



MLA Calgary Glenmore

Whitney Issik

311A – 2525 Woodview Dr SW T2W 4N4

☎ 403-216-5421

✉ calgary.glenmore@assembly.ab.ca

Restoring the Alberta Advantage

Dear Friends,

Help is on the way for Albertans calling 911 and for those needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services (AHS) to improve EMS response times and open acute care beds in emergency departments faster.

Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to hospital. We are taking action to address areas that need improvement in our healthcare system, so that Albertans can get emergency care when and where they need it.

Your provincial government is focused on continuing our economic momentum, helping families make ends meet, and renewing the Alberta Advantage for all. We recently announced a \$2.4 billion affordability package that will increase benefits to seniors and the severely handicapped, as well as help everyday Alberta families by giving them substantial financial relief so that they can better manage through the current inflation crisis.

Our province continues to create jobs at a rapid pace and across a variety of economic sectors. While we represent just 12 percent of Canada's population, we created nearly a quarter of all jobs in the nation last year. Forecasters are saying Alberta's economic growth will be among the highest in the country in 2023.

This is all good news for Alberta families, who are going back to work and putting more money into their pockets.

Best wishes for a wonderful Family Day! Please do not hesitate to reach out to me if I can ever be of service to you.

Warmest wishes,

Whitney Issik

MLA, Calgary Glenmore and Cedarbrae resident

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PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	22	3	6	\$379,450	\$356,375
November	22	6	2	\$444,000	\$435,500
October	22	5	6	\$579,900	\$566,500
September	22	5	4	\$317,250	\$310,000
August	22	5	6	\$321,950	\$322,500
July	22	6	5	\$349,900	\$348,000
June	22	11	8	\$367,400	\$371,200
May	22	9	12	\$454,450	\$455,000
April	22	8	5	\$289,900	\$289,000
March	22	7	8	\$374,500	\$369,500
February	22	14	13	\$350,000	\$375,000
January	22	2	4	\$336,450	\$330,750

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

PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	22	0	0	\$0	\$0
November	22	1	2	\$849,450	\$825,000
October	22	1	1	\$629,900	\$635,000
September	22	1	0	\$0	\$0
August	22	2	2	\$2,023,400	\$1,867,500
July	22	2	1	\$850,000	\$870,000
June	22	3	2	\$1,314,450	\$1,300,000
May	22	2	3	\$1,389,000	\$1,275,000
April	22	4	0	\$0	\$0
March	22	0	0	\$0	\$0
February	22	1	2	\$1,539,500	\$1,462,000
January	22	0	1	\$775,000	\$740,000

To view more detailed information that comprise the above
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