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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://pbpcommunity.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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- ▢ **Crime Statistics**

and More...

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BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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PBPCA Board Members Needed!

by John Kipp

At our last BOD meeting in December, Kevin Braithwaite, PBPCA's president, announced that he would be stepping down from his role. That leaves the community with six board members who give their time and energy to bettering the PBP community for everyone. We need new members to strengthen our succession goals and contribute to a wonderful group of neighbourhoods that many Calgarians aspire to live in. For those in mid-career, volunteering at this level is definitely a resume builder. Research has shown that employers favour those who volunteer for new hires and promotional opportunities. Time required is about four hours a month. Four hours a month! Are you after that coveted COO, CFO, or CEO position? Think about giving back and contact us at the office at 403-281-1908 or email us at pbpcam@pbpcommunity.ca!

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. FitKarvaan 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.

BRAIN GAMES SUDOKU

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	1	5		7				

FIND SOLUTION ON PAGE 15





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Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!



Brooks – Sudermann RE/MAX Team Host Kids' Halloween Party

by John Kipp

Things looked a little grim for the planned kids' Halloween party on October 22 at the PBPCA centre. It snowed the night before and as the party was to begin at 1:00 pm, the neighbourhood suffered a power outage which darkened the hall. While the outage lent some spookiness to the event, the RE/MAX team had set up a photo booth which needed power. Fortunately, the outage was short lived, and things began to liven up. "Even with the snow, lots of goblins and ghouls came out to play games, win prizes, and enjoy the photo booth!" noted Kim Hirtle. "There was even a face



painter to transform the kids (and adults) into their favourite Halloween character." Hirtle estimates that over 40 families attended the party, and everyone had great fun!

Amy Brooks, Emily Sudermann,
and Kim Hirtle test the Halloween
photo booth

Art Market Wows the Community!

by John Kipp

The December 2 and 3 Art Market at the PBPCA community centre brought in a lot of people looking for unique Christmas gifts. "People really liked the variety and unique types of art styles the artisans brought in," says PBPCA member, Mary-Jo Lough, who organized the market and featured her own art on canvas. There are some who would like to see the Art Market expanded to the entire centre and possibly become a more regular event. In the meantime, Mary-Jo is considering writing a monthly column in the PBP Matters magazine around art and creativity. Stay tuned!



Artists Becky McNabb and Heather Kinaham

New Year's Eve in Times Square



New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

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Community Crime Beat – October 2022

by John Kipp

Bayview Crime Down in October

Bayview experienced 1 crime in October 2022, in comparison to 2 crimes the previous month, and 2 crimes in October one year ago. The Bayview community experiences an average of 1.4 crimes per month. On an annual basis, Bayview experienced a total of 17 crimes as of October 2022, which is up 31% in comparison to 13 crimes as of October 2021.

One break and enter (B&E) crime was reported in October, in comparison to 1 B&E crime in September and 0 B&E crimes in October 2021. On an annual basis, Bayview experienced a total of 4 B&E crimes as of October 2022, which is up from 3 B&E crimes as of October 2021.

Zero vehicle related crimes were reported in October 2022, in comparison to 0 vehicle related crimes in the previous month, and 1 vehicle related crime in October 2021. On an annual basis, Bayview experienced a total of 10 vehicle related crimes as of October 2022, which is up in comparison to 5 vehicle related crimes as of October 2021.

Palliser Crime Down in October

Palliser experienced 2 crimes in October 2022, in comparison to 3 crimes the previous month, and 2 crimes in October one year ago. The Palliser community experiences an average of 3.1 crimes per month. On an annual basis, Palliser experienced a total of 37 crimes as of October 2022, which is up 12% in comparison to 33 crimes as of October 2021.

The community experienced 1 break and enter (B&E) crime in October, in comparison to 1 B&E crime in September and 0 B&E crimes in October 2021. On an annual basis, Palliser experienced a total of 7 B&E crimes as of October 2022, which is down from 9 B&E crimes as of October 2021.

One vehicle related crime was reported in October 2022, in comparison to 2 vehicle related crimes in the previous month, and 1 vehicle related crime in October 2021. On an annual basis, Palliser experienced a total of 25 vehicle related crimes as of October 2022, which is up in comparison to 19 vehicle related crimes as of October 2021.

Pumphill Crime Down in October

Pumphill experienced 1 crime in October 2022, in comparison to 2 crimes the previous month, and 0 crimes in October one year ago. The Pumphill community experiences an average of 1.6 crimes per month. On an annual basis, Pumphill experienced a total of 19 crimes as of October 2022, which is up 27% in comparison to 15 crimes as of October 2021.

One break and enter (B&E) crime was reported in October, in comparison to 0 B&E crimes in September and 0 B&E crimes in October 2021. On an annual basis, Pumphill experienced a total of 9 B&E crimes as of October 2022, which is up from 7 B&E crimes as of October 2021.

Zero vehicle related crimes were reported in October 2022, in comparison to 0 vehicle related crimes in the previous month, and 0 vehicle related crimes in October 2021. On an annual basis, Pumphill experienced a total of 3 vehicle related crimes as of October 2022, which is down in comparison to 4 vehicle related crimes as of October 2021.

City of Calgary October 2022 Crime Highlights

Highest Non-Domestic Assaults: Beltline, 28

Highest Theft from Vehicles: Beltline, 23

Highest Dwelling B&Es: Southwood, 14

Highest Theft from Vehicles: Beltline, 23

Highest Commercial B&Es: Beltline, 9

Highest Garage and Shed B&Es: West Hillhurst, 8

Highest Incidents of Non-Domestic Violence: Pineridge, 6

Highest Street Robberies: Beltline, 5

Highest Commercial Robberies: Downtown Core, 3



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
December	21	2	1	\$859,000	\$799,000

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

Sledding Safety

by Alberta Health Services, EMS



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

Winter Carnival!

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SATURDAY, JANUARY 21
11 AM - 2 PM
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9	2	6	3	1	7	4	8	5
5	4	7	6	8	9	2	3	1
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7	5	1	8	9	2	6	4	3
4	6	9	7	5	3	8	1	2
3	8	2	1	4	6	7	5	9
8	9	4	2	3	1	5	7	6
2	7	3	5	6	8	1	9	4
6	1	5	9	7	4	3	2	8

One Odd Animal

Platypuses are one odd but cute animal! They share genes with birds, reptiles, and mammals. This might have been why when the first stuffed platypus was brought from Australia to Europe, people thought that the creature was a hoax. To them, it looked like several animals had been expertly sewn together by a taxidermist!



Fly Safely on Your Vacation

from the Better Business Bureau

Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.
- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to BBB.org.

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PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
December	21	5	4	\$319,950	\$322,450

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
November	22	1	2	\$849,450	\$825,000
October	22	2	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	\$1,417,000
January	22	0	1	\$775,000	\$740,000
December	21	1	0	\$0	\$0

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Thursday	7:30 AM to 4 PM
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—  —

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Contact Jim Heaton for more information
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