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PALLISER, BAYVIEW, PUMP HILL REAL ESTATE ACTIVITY for the Month of April 2025

	SINGLE FAMILY HOMES		LIST PRICE	CONDOMINIUMS		LIST PRICE
	Active	Sold		Active	Sold	
PALLISER	2	0	\$800,000 - \$900,000	7	4	\$400,000 - \$500,000
			-			\$300,000 - \$400,000
BAYVIEW	3	0	\$1,000,000 - \$2,200,000	0	0	-
			-			-
PUMP HILL	4	1	\$1,300,000 - \$2,600,000	0	0	-
			\$1,980,000			-

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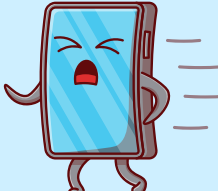
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Joke of the Month



Why was the cellphone scared to go to the dentist?
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

PALLISER



BAYVIEW



PUMP HILL



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PRESIDENT'S MESSAGE

The beautiful green spaces throughout Calgary and our wonderful surroundings with mature trees and great parks remind us all of our mission to preserve and enhance the character of our community.

With our vision and mission to guide us, we continue to monitor and advocate for reasonable developments that are appropriate for our community, recognizing that as Calgary grows all neighbourhoods will see development. Specifically, now, the green space surrounding Glenmore Landing is something we watch out for.

We are working to support the fall civic election, with two candidates each fielding questions at a candidate forum at the community hall. Rob Ward had his turn in April and Alex Williams came along this past week. Both were very open in sharing their platforms and answering questions. We'll continue this approach if/as other candidates step forward.

Weekly, monthly, and special events continue, and grow. Watch for updates on movie nights, game nights, walking club, and other recreational and educational events over the summer. Mark your calendar for Sunday, July 27 for our Community Cleanup day, more information coming soon.

FYI, in keeping with the normal Calgary seasons of construction, there will be paving and roadworks this spring and summer on several roadways within and surrounding our neighbourhoods, including 90 Avenue, Southland Drive, 24 Street, and Glenmore between Crowchild and Elbow. As well there will be erosion mitigation on five spots along the shores of the reservoir where shoreline erosion is creating problems.

Please consult our website at pbpccommunity.ca for regular updates on community news and events. Community Association members also receive email notifications. We have only a small percentage of households in our community as members, it would be great to get that much higher so more people can be involved and informed about matters that concern us all. Easy and not expensive to join, see the note and an easy QR code in this newsletter.

"I said 'somebody should do something about that'; then I realized I am somebody." — Lily Tomlin.

Please consider becoming a board member for the community association. We need a few more folks to share the work and to give a diverse perspective on our community issues.

Meetings aren't onerous, monthly except summer. The other work is interesting and not excessive; it feels good to be involved. We particularly need a Treasurer right now; it is not an operational role as we have accounting support. If you have any finance or accounting background and can spare some time, or know of someone, please let me know.

By the time you read this, the PBP Community Association board will have recessed for the summer, but you can still reach us, see the board list in this newsletter for contact information.

Thank you and have a great summer!

Gill Basford

President@PBPCcommunity.ca

Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE \$11,679

Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE \$13,879

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Muskrats in Calgary

by Onda Zibeth



Muskrats are much smaller than beavers and they have narrow tails. They spend most of their time in wetlands but, in spring, you can sometimes see them travelling on the pathways,

in search of a new home or a mate. On land, they are vulnerable to local coyotes.

Muskrats need clean waters with aquatic plants to eat and willows or other waterside plants with which to build their floating lodges. Your best chance of seeing them is normally at dusk or dawn, when they are swimming and feeding.

Their glossy brown fur used to be popular for fur coats. Their musky smell is what led to their name. Muskrats typically weigh between 2.2 to 4.4 pounds, and their length, including the tail, ranges from 16 to 28 inches. The tail itself makes up about half of their total length.

Although they are herbivores, they have been known to eat freshwater snails or other small, bottom dwelling animals in winter, when plant food is scarce. While they do not hibernate, during extreme winter weather conditions, muskrats will stay in their underground dens or lodges where they cache their food.

Muskrat gestation is typically around 28 days, and females can have two to four litters per year, averaging six to eight young per litter. They typically live for two to four years in the wild. However, some may live up to twice as long.



VISION AND MISSION



Vision

Palliser-Bayview-Pumphill is a welcoming community where safety, pleasant surroundings, and diversity inspire friendships among residents.

Mission

One of our primary objectives is to create opportunities for connection amongst the residents of Palliser, Bayview, Pumphill. We do this by:

- Offering community run programs that bring neighbours together.
- Advocating for thoughtful, aesthetically appropriate, environmentally appropriate, and positive development.
- Preserving our communal and natural spaces to maintain the character and beauty of our community.
- Providing useful facilities that serves the diverse needs of all residents.
- Establishing and maintaining effective communications with our residents in-person and through both printed and digital media.
- Creating strong partnerships with all our stakeholders.
- Managing the business of our community association well, with transparency, accountability, and care.



SMOKIN'!

In 1994, Canadian actor and comedian Jim Carrey took Hollywood by storm, becoming the first actor to star in three consecutive box-office hits. Over the span of just eleven months, he headlined *Ace Ventura: Pet Detective*, *The Mask*, and *Dumb and Dumber*. Alrighty then!



Palliser Bayview Pumphill Community Association Hall Rentals

2323 Palliser Drive SW

Please visit our website to view our live calendar or send a rental request to www.calgary.ca/planning/projects/rezoning-for-housing.html?redirect=/rezoningforhousing and our Facility Coordinator would be happy to help!

Our Community Association can accommodate up to 60 guests for seated functions or 75 standing. Our hall is 1,040 sqft and is great for events like birthday parties, baby showers, Anniversary parties, workshops/seminars, also great for children's groups such as arts shows and much more!

The Main Hall includes 60 chairs and 12 tables (6' x 2.5'). Our kitchen is not commercial but holds a stove, fridge, microwave, sink, and coffee makers. We do have free Wi-Fi. We also have a few extra perks that can be included for an extra fee such as: screen, projector, small speaker system, Propane BBQ, and Master Chef outdoor grill.

Our Rental Rates Are as Follows:

Hourly - Weekend (Friday through Sunday) \$55 per hour, minimum three hours with a \$35 mandatory cleaning fee.

Half Day Rental - Weekends (Friday through Sunday)
Half Day Rental (2:00 pm to 1:00 am) \$350 with a \$50 mandatory cleaning fee.

Full Day Rental - Weekend (Friday through Sunday)
All-day Rental (6:00 am to 1:00 am) is \$500 with a \$50 mandatory cleaning fee.

Weekday Hourly Rentals - (Mondays to Thursdays) \$45 per hour, minimum two hours with a \$35 mandatory cleaning fee.

The board room is 375 sqft and is perfect for all types of meetings or a fun movie night out, featuring our 82" High-Def Smart TV with Yamaha Sound System (Wi-Fi Connected).

Board Room Rentals

\$25 per hour no minimum, your rental time must include your set up and clean up or you can pay the optional \$35 fee for cleaners.



PBPCA CLEAN-UP



Volunteers NEEDED

SUNDAY 27 JULY
9:00 AM - 1:30 PM

The PBPCA is hosting its annual community clean-up on Sunday 27 July. We need volunteers to help with:

- Traffic and waste flow
- Sorting of waste
- Loading Packer Trucks

If interested in volunteering, please contact Lindsay Phillips

☎ (403) 681-4080

✉ lindsayaphillips@outlook.com

**PIZZA, DRINKS, AND
FUN TIMES PROVIDED**





PALLISER BAYVIEW PUMPHILL COMMUNITY CLEAN-UP DAY!

CHARITIES

Calgary Flames
Sports Bank

Cerebral Palsy
Alberta

SUNDAY 27 JULY

9:00AM – 1:30PM

2323 PALLISER DR SW

SCAN THE QR
CODE TO SEE
ACCEPTED ITEMS



COMPANIES

Technotrash

ITEMS NOT ACCEPTED:

TIRES • HOUSEHOLD CHEMICALS • LARGE HOME APPLIANCES • PROPANE TANKS • PAINT • CAR BATTERIES

Free to all Calgarians (community association membership not required)

VISIT CALGARY.CA/CLEANUPS FOR MORE INFORMATION





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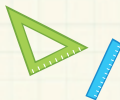
		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	2	0	\$0	\$0
March	25	1	0	\$0	\$0
February	25	0	0	\$0	\$0
January	25	0	0	\$0	\$0
December	24	0	0	\$0	\$0
November	24	0	0	\$0	\$0
October	24	2	1	\$1,275,000	\$1,320,000
September	24	0	0	\$0	\$0
August	24	2	4	\$1,312,500	\$1,246,500
July	24	0	0	\$0	\$0
June	24	1	0	\$0	\$0
May	24	3	3	\$1,499,900	\$1,510,000

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



SAB CONNECTIONS

ANNUAL BACKPACK PROGRAM



A PROGRAM TO HELP STUDENTS IN NEED TO ASSIST THEM WITH BACK-TO-SCHOOL FEES.



Give the gift of learning! We need the following school supplies:
School bags, water bottles, ziplocks, lunch bags, pencil cases, art supplies, scissors, crayons, hygiene kits, markers, highlighters, glue, school snacks, and juice boxes.

DROP-OFF LOCATION:

150 Martinbrook Rd NE, Calgary, AB T3J 3E3

or we can send a volunteer to pick up the items



FOR MORE DETAILS:

Email us at contactsabconnections@gmail.com
or call (403) 708-7924

Visit our Facebook page:
www.facebook.com/sabconnections2025



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by L.P. BAY, J.D.M., C.M.A., C.F.P.

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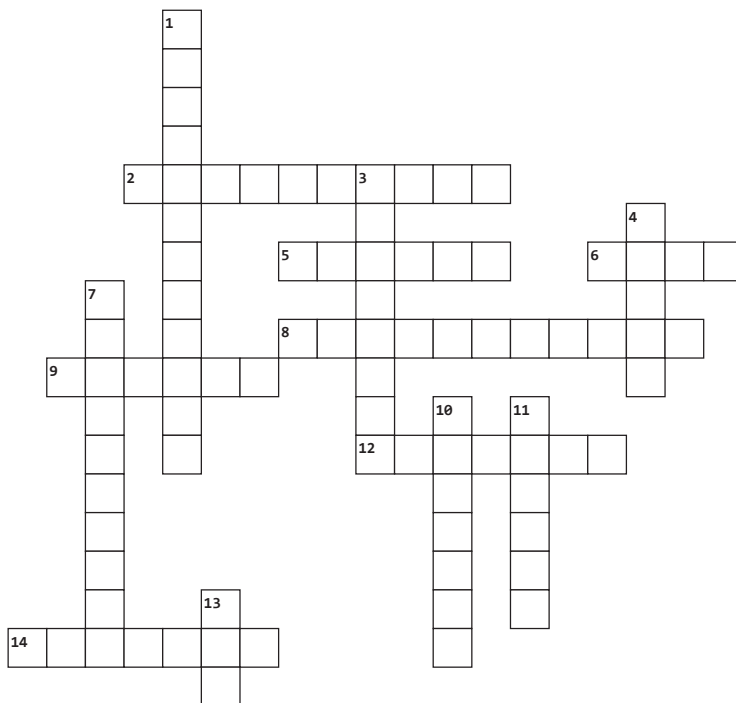
SCAN ME

- Introductory and Intermediate Python/Java/C++ Spring Classes
- March to June
- For Ages 9 ~ 15
- Sundays
- Hosted at PBP Community Center
- Register & Check Email for further time/place details!

ENROLL NOW WITH PBP COMMUNITY
SUPPORTED BY ARTEX CODING SOCIETY

<https://pbpcommunity.ca/programs/>

June Crossword



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

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.



Palliser – Bayview – Pumphill Community Association 2025 / 2026 Board of Directors

COMMITTEE POSITION	NAME	EMAIL
President	Gill Basford	president@pbpcommunity.ca
Past President	Harris Hanson	pastpres@pbpcommunity.ca
1st Vice President	Anna Kaufman	vicepresident@pbpcommunity.ca
2nd Vice President and Facilities	Kevin Taylor	2ndvicepresident@pbpcommunity.ca
Director at Large and Facilities	Irwin Rajesky	
Treasurer	Vacant	treasurer@pbpcommunity.ca
Secretary	Lesley Farrar	secretary@pbpcommunity.ca
Director, Civic Affairs	Sushma Mahajan	
Director, Membership, Activities	Norman Bunn	pbpsocial@pbpcommunity.ca
IT Director	Vacant	
Directors at Large	Mike Krayacich, Sam Plucer, Annie Fu, Jayda Rosenthal, Reid Colbran	
Facility Coordinator	Jen Sherstabetoff	pbpcam@pbpcommunity.ca
Community Resource Officer	Cst. Chad Rausch #3693	CRausch@calgarypolice.ca

pbpcam@pbpcommunity.ca | 403-281-1908

Contact: Palliser – Bayview – Pumphill Community Association

Community Association Address: 2315 Palliser Drive SW, Calgary AB, T2V 3S4

Parking: Use west parking lot of Nellie McClung School

Phone: 403-281-1908

Hall/Boardroom Bookings: pbpcam@pbpcommunity.ca

For the latest news, programs, and events, please visit our official Community Association Website at www.pbpccommunity.ca.



MEMBERSHIPS

Your annual membership is good through to the anniversary of your membership purchase and entitles you and your family to participate in a variety of different community programs and activities. The cost is only \$25 annually per family/household or \$10 for 55+/household.

Palliser – Bayview – Pumphill Community Association Membership Application 2025-26

Family Name(s): _____

First Name – Adults: 1. _____ 2. _____

First Name – Children: _____

Address: _____ Postal Code: _____

Home Phone: _____ Cell 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 are interested in volunteering for:

☐ Board Member

☐ Facilities/Ice Rink

☐ Family Skate Days

☐ Casino

☐ Communications/Newsletter

☐ Garden Maintenance

☐ Seniors' Programs

☐ Membership Drive

☐ Fundraising

☐ Social Activities

☐ Facilities Repair & Maintenance

☐ Community Cleanup Day



**JOIN THE
PBCA HERE!**

Send cheques payable to Palliser – Bayview – Pumphill Community Association
2315 Palliser Drive SW
Calgary, AB T2V 3S4

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.



- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

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Coronation Month

June is royally packed
with coronations! Queen Elizabeth II
(June 2, 1953), King George V (June 22, 1911), and
Queen Victoria (June 28, 1838) all took the throne.
Joining the June coronation club: Spain's King
Felipe VI (June 19, 2014) and Norway's King
Haakon VII (June 22, 1906) - just to name a few!

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PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	25	6	4	\$424,700	\$404,500
March	25	10	8	\$432,500	\$445,250
February	25	4	3	\$400,000	\$390,000
January	25	6	3	\$399,900	\$445,000
December	24	0	5	\$415,000	\$410,000
November	24	5	3	\$799,900	\$763,000
October	24	2	4	\$634,950	\$660,500
September	24	8	8	\$562,450	\$563,500
August	24	10	11	\$499,900	\$501,000
July	24	9	5	\$599,900	\$590,000
June	24	4	4	\$737,500	\$756,250
May	24	13	16	\$494,950	\$520,000

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
April	25	3	1	\$2,100,000	\$1,980,000
March	25	3	1	\$1,499,900	\$1,509,900
February	25	2	0	\$0	\$0
January	25	1	1	\$1,021,000	\$1,000,000
December	24	2	0	\$0	\$0
November	24	0	1	\$874,900	\$855,000
October	24	1	0	\$0	\$0
September	24	2	1	\$999,900	\$995,000
August	24	0	2	\$1,469,444	\$1,355,000
July	24	1	2	\$1,199,000	\$1,169,000
June	24	4	2	\$1,349,450	\$1,346,513
May	24	4	4	\$1,149,950	\$1,212,500

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

Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

WORD OF THE MONTH



Acumen: noun
(uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.

PBP BOARD MEETINGS



PBP Board meetings are held the first Wednesday of each month at 7:00 pm (subject to change at any time). All members welcome to join. Please send a confirmation email before you come so that we can be sure to have time to address any questions or concerns.

Looking forward to seeing you!



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Can Physiotherapy Help You?

by Alberta Health Services

Physiotherapy can provide many benefits for anyone of any age. The goal of this treatment is to make daily tasks and activities easier and can help with recovery after some surgeries. Your healthcare provider may suggest physiotherapy for injuries or long-term health problems such as arthritis or chronic obstructive pulmonary disease (COPD).

Physiotherapy may be used alone or with other treatments. It can help you move better and may relieve pain, along with improving or restoring your physical function and fitness level.

What Does a Physiotherapist Do?

Your physiotherapist will examine you and talk to you about your symptoms and your daily activity. Your therapist will then work with you on a treatment plan. The goals are to help your joints move better and to restore or increase your flexibility, strength, endurance, coordination, and/or balance.

First, your therapist will try to reduce your pain and swelling. Your physiotherapist also may use manual therapy, education, and techniques such as heat, cold, water, ultrasound, and electrical stimulation.

Physiotherapy almost always includes exercise. It can include stretching, core exercises, weightlifting, and walking. Your physiotherapist may teach you an exercise program so you can do it at home.

Treatment may cause mild soreness or swelling. This is normal but talk to your physiotherapist if it bothers you.

What Should You Look for in a Physiotherapist?

You'll want a therapist who has experience with your health problem. Some physiotherapists are certified in areas such as orthopedics, sports, and neurology and may offer more specialized care. Physiotherapists can also specialize in certain types of care, such as:

- Back and neck pain
- Cardiac rehabilitation (rehab)
- Wound care
- Cancer-related problems
- Treatment of children or older adults

When Can Physiotherapy Help?

Physiotherapy and Recovery from Injury

Physiotherapy can help you recover from an injury and avoid future injury. Your physiotherapist can help you reduce pain in the soft tissues (muscles, tendons, and ligaments), build muscle strength, and improve flexibility, function, and range of motion. They can also evaluate how you do an activity and make suggestions for doing the activity in a way that is less likely to result in an injury.

Physiotherapy and Chronic Health Conditions

Physiotherapy can help you live more easily with chronic or ongoing health conditions such as spinal stenosis, arthritis, and Parkinson's disease. Your physiotherapist will work with you to establish your goals. Then they will create a program of educational, range-of-motion, strengthening, and endurance activities to meet your needs.

Physiotherapy and Health Conditions Requiring a Rehabilitation Team Approach

Some conditions involve several body systems and can lead to significant disability. These conditions—such as stroke, spinal cord injury, and major cardiopulmonary (heart and lung) problems—are usually addressed by a team of health professionals through programs such as cardiac rehab and stroke rehab. The team can include doctors; nurses; physiotherapists, occupational therapists, and speech therapists; psychologists; and social workers, among others.

Physiotherapists are a critical part of this team. They address the issues of range of motion, strength, endurance, mobility (walking, going up and down stairs, getting in and out of a bed or chair), and safety. The physiotherapist may also get you the equipment you need, such as a walker or wheelchair, and make sure you can use the equipment appropriately.

Physiotherapy and Significant Health Conditions of Childhood

Physiotherapists also work with children who have major injuries or health conditions, such as cerebral palsy. They address the usual issues of range of motion, strength, endurance, and mobility. Also, the therapist considers the child's special growth and developmental needs.

Treatment is often provided in school or in a facility just for children. The way physiotherapy and other services are delivered in schools varies among the provinces. Talk to your child's doctor, school, or your local health unit if you think your child may qualify for evaluation or treatment services.



BRAIN GAMES

SUDOKU

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SCAN THE QR CODE
FOR THE SOLUTION



CANADIAN SHREK

Before *Shrek* had his iconic Scottish accent, Mike Myers originally voiced the ogre with a thick Canadian accent! After recording all his lines, Myers changed his mind and re-recorded everything in a Scottish accent which he felt better countered Lord Farquaad's English accent. Talk about an ogre-achiever!

Reducing Household Food Waste: Planning, Shopping, and Storage

by Alberta Health Services



Food waste is food that was grown or harvested but never eaten. Some food waste at home can't be avoided, like eggshells, bones, tea bags or coffee grounds, but some food waste can. Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much. A 2022 study showed that 63% of food Canadians throw away could have been eaten. While all types of foods are wasted, the top foods that are thrown away are: vegetables and fruits, leftovers, and bread.

This article includes tips and resources to reduce your food waste at home.

Planning Your Meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food. Consider what food items you already have. Check your fridge and cupboards carefully to see how much is left in containers or packages. Checking best before dates is helpful so you can use up food while it's at its freshest. Note that 'best before' dates are not the same

as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed. Then think about some meals that you like or can easily make with items you already have. Then create a list on paper or your phone of items you do not have.

Grocery Shopping

When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before

you can use them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups, or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking, or smoothies.

Storing Foods

Consider the order that you use some foods as some foods can keep longer in the fridge than others. Most fresh vegetables and fruits will stay fresh longer if they are unrinsed. Consider washing produce before preparing, freezing, or eating it. Some produce gives off a gas (ethylene) that speeds up ripening - apples, bananas, kiwis, tomatoes, avocados. Keep these vegetables and fruits in a loosely tied bag away from already ripe produce. Some produce will also stay fresh longer than others so consider using produce like kale, chard, carrots, and cabbage later in the week.

Since bread and baked goods are among the top foods that are thrown away, store bread and buns in a cool, dark, and dry place in the original packing. Or consider freezing if you don't think you will be able to use up the bread by the best before date. Storing bread in the fridge may make it go stale more quickly.

If you have leftovers, it's important to store them properly. Wrap leftovers or place them in a covered container. Place them in a refrigerator within two hours of preparing or cooking. Consider labelling them with a date and remember to use the oldest ones first. Leftovers like soup can be safely eaten within two to three days after cooking, while other cooked dishes containing eggs, meat, vegetables, cooked fish, or poultry can be safely eaten within three to four days of being stored at the correct temperature in the fridge. Leftovers can be frozen for longer.

Making some or all of these choices when shopping or storing food can play a part in reducing your food waste at home.

For more helpful tips on food storage and safety visit Canada.ca and search: "Storing Vegetables and Fruits" and "Food Safety".

For more ideas to reduce food waste visit ahs.ca/nutritionhandouts and search "Reduce Food Waste."



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The logo for Cameron Law, featuring a stylized 'C' inside a square frame.

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FAMILIES

The background of the 'Play Big' advertisement shows a young boy in a red and white striped shirt and blue shorts, crouching in a grassy field. He is reaching out to touch a small toy train engine that is emitting a puff of white smoke. The sky is a clear, bright blue.

Play Big

The logo for Heritage Park, featuring a red, ornate, crown-like border around the words 'HERITAGE PARK' in a white, serif font.

All Summer Long

A square QR code located in the bottom right corner of the advertisement, used for getting tickets.

GET TICKETS

Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

Musical Stamps

In June 2007, Canada Post hit all the right notes by celebrating iconic musicians—Joni Mitchell, Anne Murray, Gordon Lightfoot, and Paul Anka—with their very own stamps! The “Canadian Recording Artists” series showcased striking portraits of each musician, turning mail into mini tributes to Canada’s musical royalty. Snail mail never sounded so good!



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GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



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