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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

After our successful annual general meeting, the board is settling in for another busy year.

As you may have noticed, we now have frequent social and recreational events in the community thanks to Norm Bunn and team. Please watch for upcoming events and join in whenever you choose.

We've also begun our series of having Ward 11 candidates for City Council join us at our monthly meetings, open for all to join. Each month we'll have information here in the newsletter and emailed to community members. If you're not currently a member you can join online by opening the QR code on the membership page.

If you have questions or suggestions for any concerns in the community, you can reach me at [president@pbpcommunity.ca](mailto:president@pbpcommunity.ca).

Spring is here, as changeable as ever in Calgary, and it's great having the longer days to enjoy.

*Gill Basford*

PBPCA President

## 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.



BRAIN  
GAMES

SUDOKU

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SCAN THE QR CODE  
FOR THE SOLUTION

Belonging To May

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

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*

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### SUPREME TUB TO SHOWER CONVERSION

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- 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

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		Listed	Sold	Listed	Sold
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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
April	24	2	1	\$1,549,900	\$1,702,000

To view more detailed information that comprise the above  
MLS averages please visit [bayv.mycalgary.com](http://bayv.mycalgary.com)

# 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](http://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).

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## Questions for Candidates

The PBP Community Association is pleased to welcome you to our second part of our series "Questions for Candidates" event! Join us on Tuesday, May 6 from 7:00 to 7:45 pm at the PBP Community Hall to meet Ward 11 candidate Alex Williams.

This is a fantastic opportunity to hear from Alex about his vision for our community, ask questions, and share your thoughts on key local issues.

As we gear up for Calgary's municipal election on Monday, October 20, 2025, our "Questions for Candidates" initiative will host monthly Q&A sessions with Ward 11 candidates.

Each session will begin with prepared questions, followed by an open forum for attendees to engage directly with the candidate. Your input matters - let's make this a meaningful election year together.



# Chanel No. 5

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



# Photo Gallery

by Stu Franklin



## Ants in Calgary – Co-operating Colonies

by Campon Formic



*Carpenter Ant*



*Pavement Ants*

Ants are among the most successfully adaptive creatures on earth. They are believed to have evolved from the bee/wasp family, more than 100 million years ago. They eat a variety of things, have a well-developed sense of smell, and work together to house, feed, and defend their families. As the weather warms, we will see more and more of them.

The most common ants found in Calgary are the larger Carpenter Ants, which feed on decaying wood. They can accelerate the destruction of framing in our homes. Tiny ants that can appear in our homes are usually Pharaoh Ants or Odorous House Ants, attracted to things containing sugar, which provides them the biggest “bang for their buck” of energy expended. Other ants we see include Pavement Ants (in the cracks found in asphalt or concrete), Thief Ants, Thatching Ants, Field Ants, and “Little Black” Ants.

It is a funny (though not for the ant) scientific fact that “Odorous” House Ants got this name from the blue cheese-like smell they emit when crushed under foot. To keep ants from being attracted to enter your home, ensure to keep it clean free of crumbs and spills of sweet things. Seal places where they can enter the home. Once they are in the home, thin lines of a liquid ant bait like Terro will work to kill them and their colony. Just be careful to put it on the edge of the floor, away from places where it can be found by a child or pet.



*Odorous House (Sugar) Ants*



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

## Get Involved and Learn About Calgary's New Zoning Bylaw

Since October 2023, the City Building Program team has been working with Calgarians to learn what they value and experience living in Calgary, and to plan for the future of how we move, build, and use land across the city.

The City Building Program includes the Calgary Plan (merges the current Municipal Development Plan and Calgary Transportation Plan into one document), the Zoning Bylaw (currently the Land Use Bylaw), and Street Manual (currently the Complete Streets Policy and Guide). All three of these documents have been drafted based on four phases of public engagement, existing policies, Council priorities, partnering with the Indigenous community, and equity-denied groups, and consultation with interested parties.

While the Calgary Plan was brought to the Infrastructure and Planning Committee and deferred until Q2 2026, the Zoning Bylaw draft is still seeking public input and feedback.

Curious to know what the Zoning Bylaw is and how it impacts you? This upcoming fifth phase of engagement will continue building awareness and education on the Zoning Bylaw and how it ties into the Street Manual and the Calgary Plan.

Your voice matters. We want to hear from you to ensure the new Zoning Bylaw meets the needs of our growing city. You can participate online or at in-person events around the city from May 5 to 31, 2025, and subscribe to our newsletter for project updates.

For more information, visit [calgary.ca/citybuilding](https://calgary.ca/citybuilding) or email [citybuilding@calgary.ca](mailto:citybuilding@calgary.ca).

### CANADIAN UNICORNS

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



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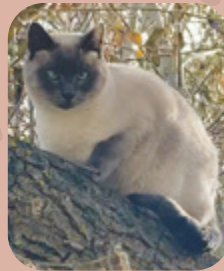
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Riley, Woodbine



Serendipity, Calgary



Tita, New Brighton

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## Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

### 1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

### 2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

### 3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

### 4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.

### 5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

### 6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

## GAMES & PUZZLES

### Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called \_\_\_\_\_; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called \_\_\_\_\_.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



SCAN THE QR CODE FOR THE ANSWERS!

# Window and Balcony Safety

by Alberta Health Services



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 children's 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

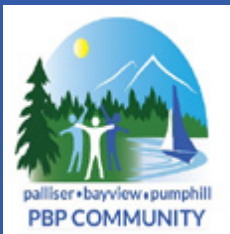
- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.

- 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 and 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 can open to a maximum of 10 cm (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 and 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.



# 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](http://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
- ☐ Casino
- ☐ Seniors' Programs
- ☐ Social Activities

- ☐ Facilities/Ice Rink
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- ☐ Family Skate Days
- ☐ Garden Maintenance
- ☐ Fundraising
- ☐ Community Cleanup Day



**JOIN THE  
PBCA HERE!**

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



## Thai Curry Chicken

by Jennifer Puri

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

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

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

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

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### Ingredients:

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

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

### Garnish:

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

### Directions:

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

Bon Appétit!

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

## PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	25	11	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
April	24	11	10	\$424,900	\$452,500

To view more detailed information that comprise the above  
MLS averages please visit [pall.mycalgary.com](http://pall.mycalgary.com)

## PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
April	24	4	3	\$950,000	\$950,000

To view more detailed information that comprise the above  
MLS averages please visit [pump.mycalgary.com](http://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](http://www.calgary.ca).

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

Information and referrals for community and social services. [www.ab.211.ca](http://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.

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## GROUND CONTROL TO MAJOR TOM

On May 12, 2013, an unlikely beautiful voice in space emerged. Canadian astronaut Chris Hadfield, aboard the International Space Station, fittingly recorded a cover of David Bowie's "Space Oddity". His video, featuring him floating in zero gravity while singing, quickly went viral.

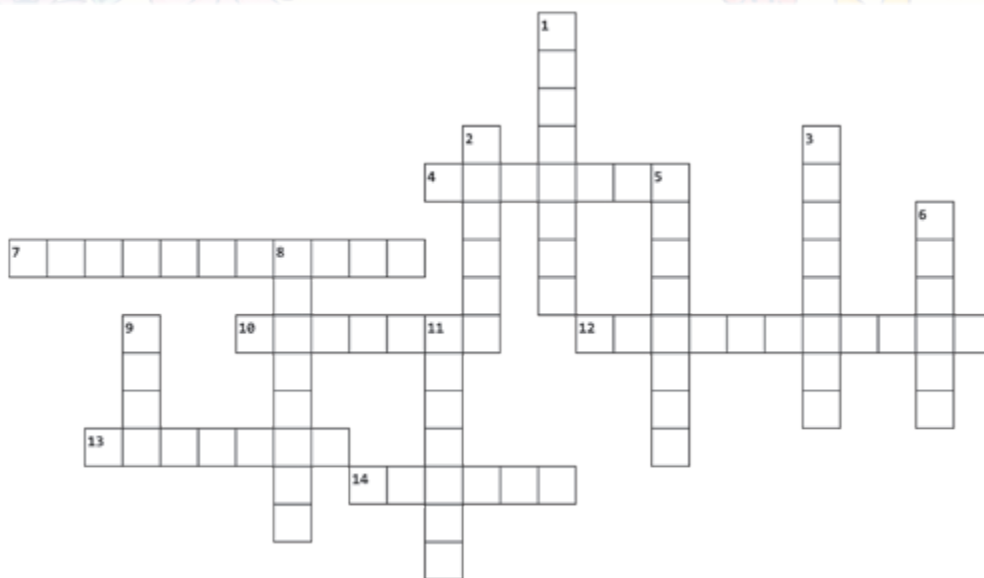
## PBP BOARD MEETINGS



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!

# May Crossword



## Down

1. Cory \_\_\_\_\_, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first \_\_\_\_\_ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil \_\_\_\_\_ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco \_\_\_\_\_, released her eponymous perfume, \_\_\_\_\_ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after \_\_\_\_\_, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West \_\_\_\_\_ Police on May 23, 1873.

## Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich \_\_\_\_\_ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first \_\_\_\_\_ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia \_\_\_\_\_ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The \_\_\_\_\_ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

# Colorectal Cancer Screening Saves Lives

by Alberta Health Services

Colorectal cancer is one of the most common causes of cancer deaths in Alberta, often affecting people over 50 with no family history of the disease.

Colorectal cancer develops in the colon (large intestine) or rectum and can begin as growths called “polyps” on the inner wall of the colon or rectum. Not all polyps turn into cancer, but some types can with time. Early-stage colorectal cancer and polyps can exist for years, without symptoms.

Get screened regularly, especially if you are between 50 and 74-years-old. Screening looks for early signs of cancer in people who feel well and have no symptoms. With regular screening, colorectal cancer can be found early, and many types of polyps can be removed before they turn into cancer.

### Screening Tests for Colorectal Cancer

The two main screening tests for colorectal cancer are Fecal Immunochemical Test (FIT) and colonoscopy. You and your healthcare provider can discuss which test is right for you.

#### Fecal Immunochemical Test (FIT)

FIT is the recommended screening test for people at average risk of getting colorectal cancer. Most people are at average risk. Average risk means those with no symptoms and no personal or family history of colorectal cancer.

FIT is an easy, at-home test that checks for hidden blood in your stool. You collect a small stool sample and take your completed FIT to the lab for testing. You should plan to do the FIT every year starting at age 50.

#### There are two easy ways to get your free FIT:

- Talk to your doctor about colorectal cancer screening. They'll give you a lab requisition form. Take this form to the lab to pick up your FIT.
- Order online at [screeningforlife.ca](https://screeningforlife.ca) or call AHS Screening Programs toll-free at 1-866-727-3926. We'll mail you a FIT.

If your FIT result is normal, it means that no blood was found in your stool sample. You should continue to



screen with FIT regularly. If your FIT result is abnormal, it means that blood was found in your stool sample. This can happen for different reasons.

While most people with an abnormal result do not have cancer, your doctor or healthcare provider may recommend a colonoscopy to find the cause of the bleeding.

For every 100 colonoscopies after an abnormal FIT, two to three cases of colorectal cancer are detected. Early detection leads to a 90% treatment success rate, making regular screening essential.

#### Colonoscopy

Colonoscopy is the recommended test for people at an increased risk of getting colorectal cancer. You may be at increased risk if you or someone in your family such as a parent, sibling, or child had colorectal cancer in the past. Colonoscopy is also the recommended follow-up test after an abnormal FIT result.

A colonoscopy lets the doctor see the inside of your colon. This test is done using a colonoscope, which is a long, thin, flexible tube with a light and camera on the end.

#### Colorectal Cancer Signs and Symptoms

Never ignore new symptoms including blood in your stool, a change in your bowel habits, pain in your belly, or unexplained weight loss. See your doctor or healthcare provider if you develop these or any other symptoms you're worried about. These symptoms may not be caused by cancer, but speaking to your healthcare provider can help you know for sure.





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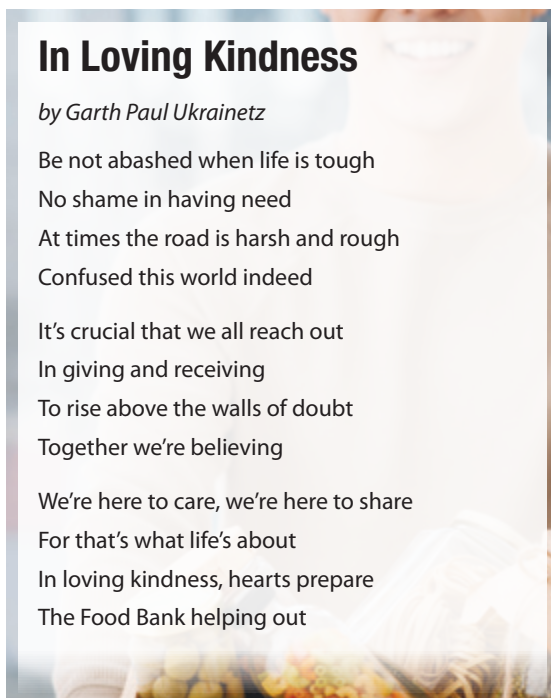
## In Loving Kindness

*by Garth Paul Ukrainetz*

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

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

We're here to care, we're here to share  
 For that's what life's about  
 In loving kindness, hearts prepare  
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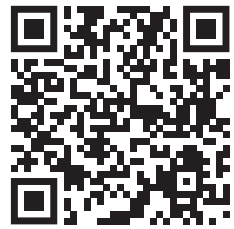
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Day!*



SCAN ME



## Celebrating Calgary 150 - Sandstone City

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Why is today's downtown core located west of Fort Calgary? In the 1880s, Inglewood was growing in anticipation of the railway, but then Canadian Pacific Railway built its station where the Calgary Tower stands today. Much of the fledgling town picked up and moved.

Civic leaders then built bridges and ran the Stampede's forerunner, the 1886 International Seed Grain and Hay Exposition. The first General Hospital opened in a house, performing surgeries on the kitchen table.

Calgary's first buildings were constructed with wood, but 18 were destroyed in the Great Fire of 1886. Afterwards, town council mandated building with sandstone from the surrounding foothills.

Hence the nickname Sandstone City. See for yourself along Stephen Avenue National Historic Site. Imperial Bank helped make it Calgary's commercial core. The Alberta Hotel followed, and HBC built a department store in 1891.

Smallpox killed several people in 1892, sparking a riot when fearful residents attacked Chinese laundries, the purported source of the outbreak. Many thousands of Chinese had worked on the CPR and settled in Calgary.

An influx of Russian Germans fleeing persecution arrived in 1892 in Bridgeland-Riverside. Ukrainians and Italians followed. Nuns like Mary Greene established Sacred Heart Convent in 1885. Édouard Rouleau became head physician of Holy Cross Hospital.

The CPR took advantage of the Rocky Mountains' picturesque landscapes. Near Siding 29, Banff townsite emerged in 1883. The presence of hot springs led the government to create a national park in 1887. Opened one year later, Banff Springs Hotel is a modern-day castle, with another one built on Hornumnay ("little fishes' lake", aka Lake Louise).

The park's founding saw the exclusion of Indigenous people. They also faced Residential Schools that

isolated students from their culture and families under sometimes terrible conditions.

At today's Fish Creek Provincial Park, William Roper Hull built a two-storey Tudor Revival-style ranch house. Also, there was Shaw's family homestead and woollen mill. A store on Stephen Avenue sold their goods to many customers headed for the Yukon's Klondike Gold Rush.

Sandstone City was a beacon on the prairies, connected to the world via railway and offering opportunities to many.

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"Calgary, Alberta., 1884-11-08, (CU181590) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OY55VV?WS=SearchResults>.



"Big fire on 9th Avenue SE, Calgary, Alberta., 1886-11-07, (CU1115356) by Ross, Alexander J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Big fire on 9th Avenue, Calgary, Alberta, between Centre Street and 1st Street SE. I.S. Freeze, J. Paterson, and Grand Central Hotel buildings in middleground. Contents of various buildings piled in foreground. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OT23D6?WS=SearchResults>.



"View of Alberta Hotel, Calgary, Alberta., 1893, (CU1151254) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Decorated for Dominion Day? <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F014Z6?WS=SearchResults>.



"Chinese section men on handcars, Canadian Pacific Railway., [ca. 1886], (CU1103679) by Boorne and May. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O2D94D?WS=SearchResults>.



"Bridgeland area, Calgary, Alberta., [ca. 1912-1915], (CU140825) by Unknown. Courtesy of Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF11WVC9?WS=SearchResults>.

# Create a Beautiful and Resilient YardSmart Yard This Spring!

by The City of Calgary

A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to plan, build, and maintain your yard, including:

- Layouts and plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering, and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator-friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass five to seven cm (two to three inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives, or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit [calgary.ca/YardSmart](http://calgary.ca/YardSmart).



"Sacred Heart Convent, Calgary, Alberta," [ca. 1900-1905], (CU1156653) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FTRYQZ?WS=SearchResults>.



"First General Hospital in Calgary, Alberta," [ca. 1920], (CU1193643) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1S14NLX>.



"Canadian Pacific Railway hotel, Banff, Alberta," 1888, (CU181509) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OY1FOL?WS=SearchResults>.



"St. Dunstan's Calgary Indian Industrial School, Calgary, Alberta," [ca. 1905], (CU11056821) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF14A476V>.



"The first Lake Louise Chalet, Lake Louise, Alberta," [ca. 1890-1893], (CU185533) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OXAWK?WS=SearchResults>.



"Bow Valley Ranch, home of William Roper Hull, Calgary, Alberta," [ca. 1900], (CU1220800) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XDFSPW?WS=SearchResults>.

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## Word of the Month

**Filipendulous:** *adjective* (fil-i-pen-du-lous)

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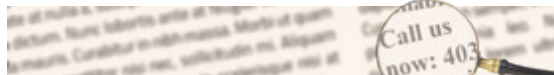
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