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# BATHROOM RENOVATION SALE

## SUPREME ULTIMATE

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- 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

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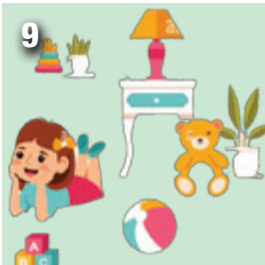


SCAN ME

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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

It was very pleasing to see the City Council repeal the Blanket Rezoning bylaw. We submitted several letters, signed on to a multi-community letter, and several of our community members spoke at the hearing, our thanks to them. This is an important issue to keep our communities manageable and having density in places where it makes sense.

We also have contributed as a board and supported many community members in responding to the development planning application for eight dwelling units on a single lot at the corner of Palliser Place and Palliser Drive. After studying the plan, we had even more concerns than first appeared; concerns about safety for the school and playground especially, traffic, parking, lot coverage, loss of trees, and more. Hoping we have seen a positive outcome by the time you read this.

A big thank you to the volunteers at the casino, the funds raised are very important support for many hall maintenance and updating needs.

Recently a Home Alone course was offered through Child Safe Canada to teach children from ages nine to eleven how to be safe when alone at home. PBP supplied the hall, and we offered the course at cost to community members. It was very well received and we will do it again. Also, we will offer a babysitting course in May.

Over several weekends in April, activities were held including a bike swap and various bike safety activities, demos, and bike registrations. Thanks to Norm for organizing and to our new Police Community Resource Officer Neil, as he came and talked to many folks about bike safety. Also, a shout out and appreciation to Neil's predecessor, Chad, who has been reassigned to another community.

Love to get your thoughts on what programs and activities you want to see.

Email me anytime with comments, questions, or concerns. We welcome anyone to come to our meetings and share your thoughts. We meet at the hall the first Tuesday of each month except July and August, please just drop a note in advance so we know to make some room for you on the agenda.

*Gill Basford*

president@pbpccommunity.ca

## 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.

## PBP BOARD MEETINGS



PBP Board meetings are held the first Tuesday 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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Denturist, Denture Specialist

# 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 [calgary.ca/planning/projects/rezoning-for-housing.html?redirect=/rezoningforhousing](http://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.





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ages  
**10 to 15**

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9 AM to 4 PM

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COMMUNITY ASSOCIATION  
2323 PALLISER DRIVE SW**

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[pbpcam@pbpcommunity.ca](mailto:pbpcam@pbpcommunity.ca)  
for information and pre-registration package

## Is Your Relationship Boring? Congratulations.

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



When you're in a healthy relationship, things shouldn't be constantly bothering you. No anxiously checking your phone every five minutes (or sneaking a peek at theirs), decoding texts, or wondering where you stand in the relationship daily. There are no emotional roller coasters, no high-stakes arguments that leave you questioning everything.

At first, that can feel underwhelming. But what it actually means is that your nervous system is at rest. You're not

surviving love, you're living in it. You have space to focus on your career, invest in yourself, and show up for friends and family, because your relationship isn't consuming all of your emotional energy.

In a "boring" relationship, you know how your partner will show up. What to expect. They call when they say they will. Disagreements don't turn into emotional warfare. Love isn't something you have to earn or worry about losing on a bad day.

## Household Hazardous Waste

Predictability gets a bad reputation, and consistency is underrated. There is something deeply comforting about being chosen, not impulsively, but steadily on ordinary days. And those ordinary days? They are what make up a healthy relationship.

What many people label as “chemistry” is often unresolved attachment wounds. The push-and-pull dynamic, the intensity, the emotional highs and lows. These feelings can feel magnetic or exciting because they are unconsciously familiar. When that intensity disappears, it can feel like something is missing. But often, what’s missing is the anxiety, not the love.

In a healthy relationship, love doesn’t spike your stress levels or leave you questioning your worth. It doesn’t require emotional gymnastics to stay connected. Instead, it feels steady and sometimes even quiet. And if you’ve been conditioned to equate love with intensity, that steadiness can feel unfamiliar at first.

One of the biggest green flags of a “boring” relationship is the space it creates. You don’t have to shrink yourself to keep the peace. You’re not walking on eggshells. You can simply be who you are, and feel accepted in that. No chasing, seeking affirmations, or changing who you are. That’s what creates a sense of grounding and safety.

Secure love allows room for growth. You can have bad days, need space, or evolve as a person without it threatening the relationship. This kind of love doesn’t feed on chaos, it supports calm.

It may not look exciting from the outside. It looks like grocery shopping, cleaning the house together, quiet nights, knowing how each other takes their coffee, and being able to sit in comfortable silence. It’s choosing each other again and again, not through grand gestures, but through mutual respect, reliability, and care. There is romance in that, it’s just not performative or overt.

Healthy relationships thrive on shared routines, inside jokes, and even predictable disagreements. The love doesn’t have to be loud to be deep and real.

Maybe “boring” is actually the greatest form of love these days. In a world hooked on instant gratification and emotional extremes, choosing calm, steady love is almost radical. A relationship that doesn’t drain, confuse, or exhaust you is incredibly valuable.

*by The City of Calgary, Waste and Recycling Services*



Did you know the City of Calgary offers free Household Hazardous Waste (HHW) drop-off sites at 11 convenient locations across the city? There’s no cost to use these locations, and they’re designed to be quick, easy, and safe for residents.

HHW includes everyday household items that should not go in your blue, green, or black cart, such as:

- Household paints and stains
- Batteries
- Cleaners
- Automotive fluids and chemicals

Placing these items in your carts can increase the chance of fires, toxic fumes, and serious harm in our homes and our community. Taking HHW to a proper drop-off site helps keep everyone safe while protecting the environment.

Before throwing something away, take a moment to check if it’s hazardous—and bring it to an HHW drop-off site instead.

To find a drop-off location near you, visit [calgary.ca/HHW](http://calgary.ca/HHW).

\*This program is for residential drop-off only.

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# 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.

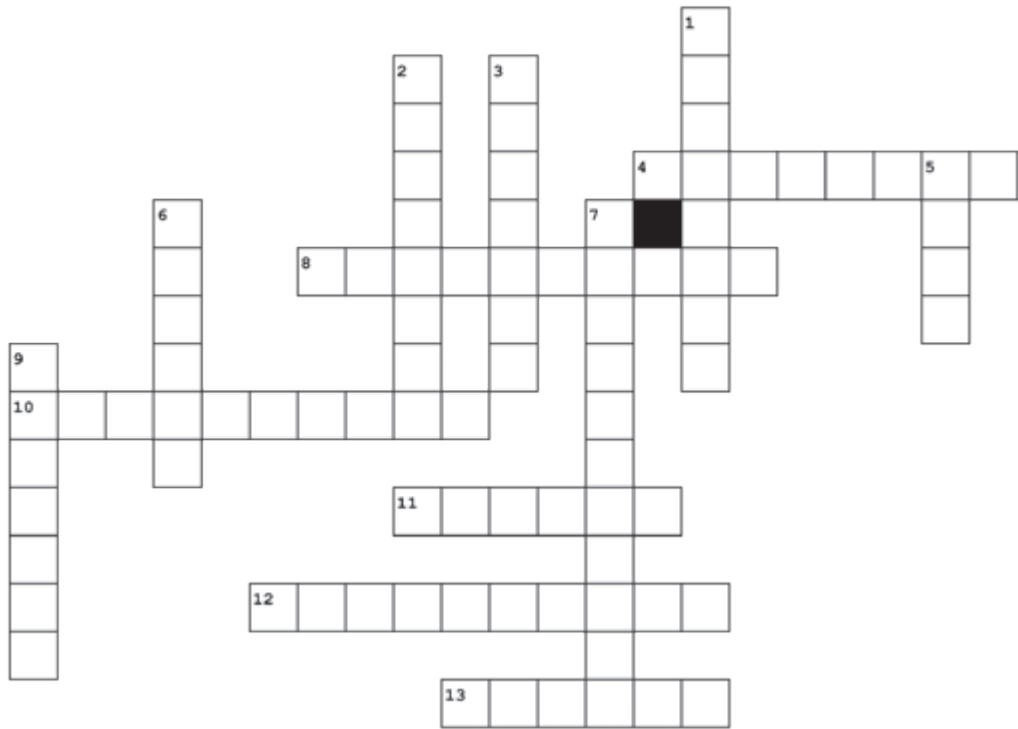
- Ensure that your balcony railings are not more than ten centimetres (four inches) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### 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 ten centimetres (four 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.

# May Crossword

To mom



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

## Across

4. This popular Sci-Fi series is unofficially celebrated on May the fourth.
8. May's full moon is often referred to by this floral nickname.
10. This holiday was founded by American activist Anna Jarvis in 1908.
11. On May 25, citizens of Gloucestershire, England, race this edible item down a steep hill.
12. This famous bridge in San Francisco was opened on May 24, 1987.
13. Twilight star \_\_\_\_ Pattinson, was born on May 13, 1986, in London, England.

## Down

1. This flowering shrub is just one of May's birth flowers!
2. May 24 marks a Canadian national holiday celebrating this former Queen of England.
3. April showers bring May \_\_\_\_.
5. May 2 marks the birthday of Dwayne the \_\_\_\_ Johnson.
6. The \_\_\_\_ brothers patented their Flying Machine on May 22, 1906.
7. On May 1, 1931, this famous building was opened to the public in New York, New York.
9. This green gem is the birthstone of May.



# Word of the Month

**Cryptid: noun (krip-tuhd)**

A creature or animal whose existence is debated or is unsubstantiated by science.

My favourite cryptid is the Ogopogo!

## GAMES & PUZZLES

### Mythology Trivia

1. Who is the Greek goddess of the rainbow?
2. In Norse mythology, what is the name of the world tree?
3. Which animal is the symbol of the Egyptian god Bast?
4. The Aztec capital, Tenochtitlan, was founded after which bird's landing?
5. In Chinese mythology, which season does the Azure Dragon represent?
6. According to Blackfoot legend, what is the name of the spirit that caused the splitting of the Okotoks Erratic?



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FOR THE  
ANSWERS!



## YOUR CITY OF CALGARY

### Parking Smart as the School Year Wraps Up

by *The City of Calgary*

As the school year winds down, school zones remain busy with end of year activities, special events, and warmer weather encouraging more walking and wheeling. Parking rules around schools are designed to keep these busy spaces safe for children, families, and neighbours.

Unsafe parking—such as blocking crosswalks, stopping too close to corners, or double parking in the roadway—can reduce visibility and create dangerous situations for children trying to cross the street. Even brief stops can increase the risk of close calls during peak drop off and pick up times.

To help keep school zones calm and predictable, drivers are encouraged to park legally, leave space at corners and crosswalks, and avoid stopping in bus zones or



travel lanes. Parking a short distance away and walking the last block can significantly reduce congestion and improve safety for everyone.

Safer school zones are a shared responsibility. Small parking choices help protect children and support safer neighbourhood streets. Learn more: [calgaryparking.com/safeschools](http://calgaryparking.com/safeschools).

# Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.



Scan to donate or visit [gofund.me/31fdeef6f](https://gofund.me/31fdeef6f)

Any help is appreciated ❤️



# Palliser – Bayview – Pumhill Community Association

## 2025 / 2026 Board of Directors

COMMITTEE POSITION	NAME	CONTACT
President	Gill Basford	president@pbpccommunity.ca
Vice President	Anna Kaufman	vicepresident@pbpccommunity.ca
Secretary	Leslie Farrar	secretary@pbpccommunity.ca
Director, Civic Affairs	Sushma Mahajan	
Treasurer	Colin Crawford	treasurer@pbpccommunity.ca
Director, Membership and Activities	Norman Bunn	pbpsocial@pbpccommunity.ca
Director and Facilities	Irwin Rajesky	
Director	Jayda Rosenthal	
Director	Mike Krayacich	
Director	Derek Giles	
Facility Coordinator/ Office Admin	Jen Sherstabetoff	pbpcam@pbpccommunity.ca
Community Resource Officer	Cst. Chad Rausch	CRausch@calgarypolice.ca
Councillor, Ward 11	Rob Ward	403-268-2430

**pbpcam@pbpccommunity.ca | 403-281-1908**

**Contact: Palliser – Bayview – Pumhill 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@pbpccommunity.ca

For the latest news, programs, and events, please visit our official Community Association

Website at [www.pbpccommunity.ca](http://www.pbpccommunity.ca).

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# 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 – Pumhill 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



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Calgary, AB T2V 3S4

# Spring Resilience - What the Toronto Blue Jays Can Teach Us About Starting Again

by Rebecca Pink, Registered Provisional Psychologist



Photo by Thomas Skrlj from GettyImages

As the days grow longer and the first signs of spring emerge, many of us feel an instinctive pull toward renewal—a quiet invitation to begin again. In many ways, this mirrors what we see each new season for the Toronto Blue Jays: a team stepping back onto the field with fresh energy, despite the weight of past near-misses and high expectations.

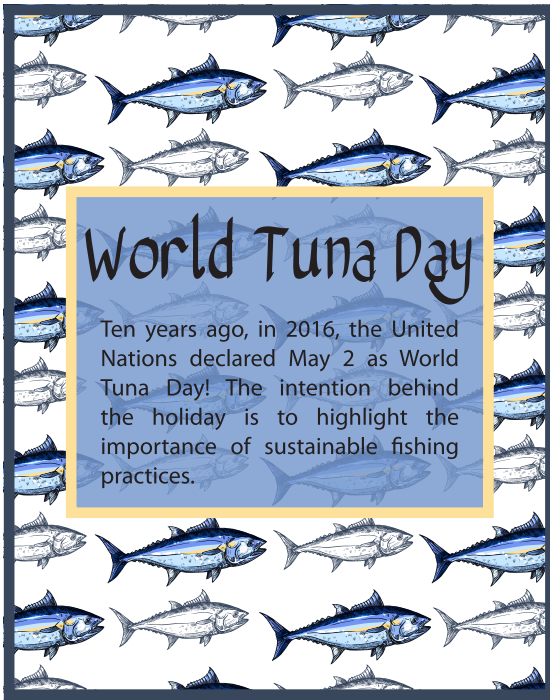
Resilience, from a clinical perspective, is not a fixed trait or a simple act of “bouncing back.” Rather, it is a dynamic process involving adaptation, reflection, and intentional re-engagement after setbacks. High-performance teams often embody this process in real time: they review performance, integrate what was learned, and return with recalibrated focus. The goal is not to erase difficulty but to work with it in a way that supports growth and psychological flexibility.

What stands out about the Blue Jays’ start to the season is not just skill, but the heart that they bring to the game. There is a visible commitment to hard work, a positive and forward-looking mindset, and a genuine sense that they enjoy showing up together. As a fan, you can feel the energy: players bringing their own personalities, stories, and strengths into something

shared. There is a clear sense of cohesion and shared purpose, an understanding that progress is built over time, and that effort and connection matter just as much as outcome. Clinically, this reflects key elements of resilience: sustained effort, meaning-making, and the protective role of connection, alongside moments of lightness even in the midst of pressure. It also speaks to something deeply human, the willingness to keep showing up, even when the outcome is uncertain and challenging, and to remain engaged with hope, effort, and belief in what’s still possible.

Spring offers us a similar opportunity. Whether navigating life transitions, relationship challenges, or internal shifts, this season can heighten both hope and vulnerability. A resilient and forward-looking approach may involve meeting yourself with compassion, staying grounded in the present, and taking small, meaningful steps in a direction that aligns with your values.

Resilience is often quiet and steady. More often, it looks like showing up, again and again, with openness and self-compassion. And sometimes, it’s simply trusting that a new season—whether on the field or in our lives, can hold something different.



**BRAIN GAMES** **SUDOKU**

				5	1	7		
	1			3			9	
	5			9	4			
4								6
9	3			1			2	5
5								3
			7	2			3	
	7			6			8	
		2	1	4				

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## Age-Friendly Calgary Essential Numbers for Seniors in Calgary

<b>9-1-1 Emergency (24-Hour)</b>	<b>403-SENIORS (403-736-4677) The Way In</b>
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
<b>8-1-1 Health Link (24-Hour)</b>	<b>403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)</b>
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
<b>3-1-1 City of Calgary (24-Hour)</b>	<b>403-943-1500 Access Mental Health</b>
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1 Community Resources (24-Hour)</b>	<b>403-705-3250 Elder Abuse Resource Line (24-Hour)</b>
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .	Confidential information and support, or to report a suspected case of elder abuse.

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## PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	8	2	\$612,450	\$592,500
February	26	5	4	\$494,900	\$486,000
January	26	5	2	\$294,900	\$282,500
December	25	0	1	\$539,987	\$510,000
November	25	1	0	\$0	\$0
October	25	2	4	\$612,450	\$595,000
September	25	6	11	\$412,000	\$400,000
August	25	8	7	\$417,900	\$412,500
July	25	9	6	\$525,000	\$515,000
June	25	8	8	\$832,000	\$813,750
May	25	6	7	\$460,000	\$456,000
April	25	5	4	\$424,700	\$404,500

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	26	3	0	\$0	\$0
February	26	1	2	\$1,774,950	\$1,588,750
January	26	1	1	\$2,888,777	\$2,600,000
December	25	0	1	\$1,449,999	\$1,275,000
November	25	1	2	\$1,344,394	\$1,388,750
October	25	2	1	\$1,699,900	\$1,600,000
September	25	2	1	\$1,750,000	\$1,850,000
August	25	4	2	\$1,770,000	\$1,746,750
July	25	1	3	\$1,425,000	\$1,375,000
June	25	3	0	\$0	\$0
May	25	2	2	\$1,112,000	\$1,127,500
April	25	1	1	\$2,100,000	\$1,980,000

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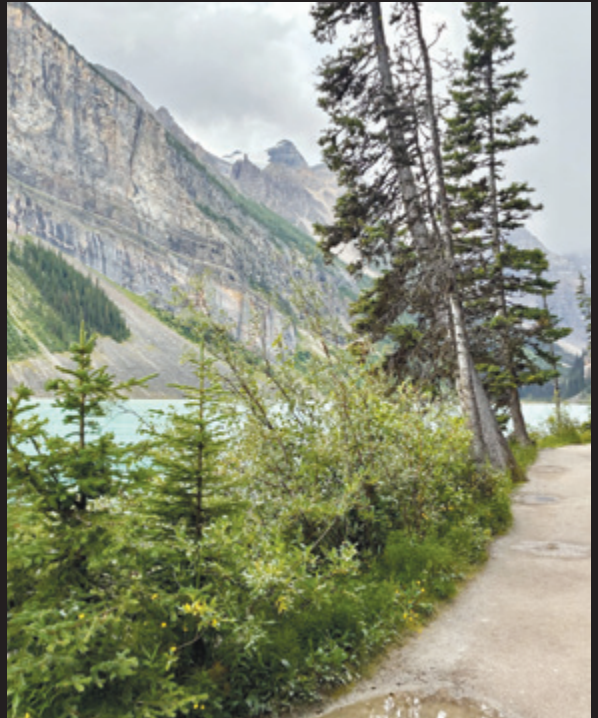
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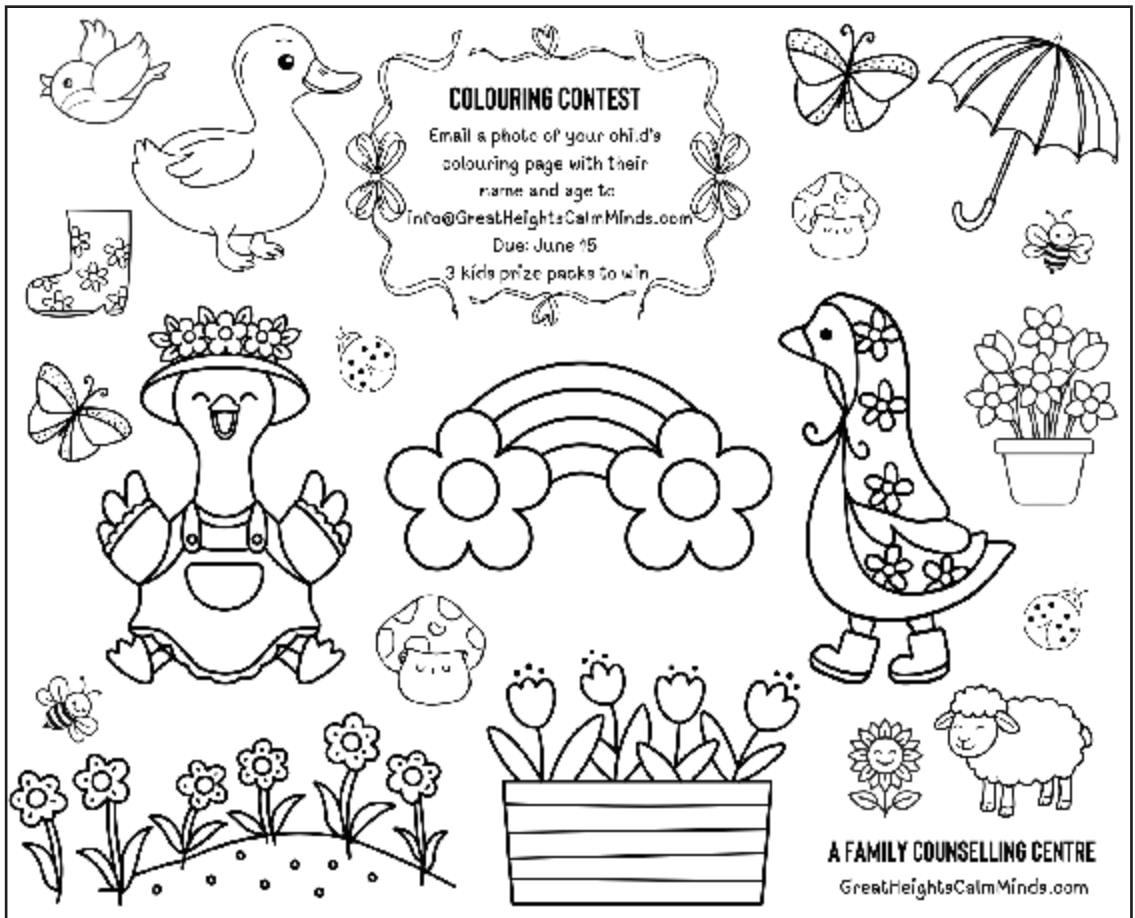
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## Spring Gardening Tips for a Beautiful Yard

by *The City of Calgary*



The City of Calgary's YardSmart program offers free, local gardening advice from local experts – Calgary Horticultural Society. Here are three ways to get your yard summer-ready:

1. Have good soil – and lots of it. Add a base of at least eight inches of good quality soil for a healthy garden or lawn. You can also improve your soil by adding compost.
2. Add a garden bed. Replacing a small part of your lawn helps your yard stay beautiful longer and use water wisely. Follow these YardSmart Basic steps for success:
  - a. Start with lots of good soil. "Soil is the foundation of a sustainable garden. It plays a vital role in supporting plant growth, improving water retention, and enhancing over all landscape sustainability," says Kath Smythe, Calgary Horticultural Society.
  - b. Design your garden to save water. Direct your downspouts to tree wells or garden beds, and group plants with similar water needs together.
  - c. Put the right plant in the right place. Explore YardSmart's plant lists for plants that thrive in Calgary and where to plant them.
  - d. Add mulch to garden beds to prevent evaporation and keep weeds in check.
  - e. Water wisely. New plants need lots of water to get established, consult plant tags for specific directions and consider installing a rain barrel.
3. Get local gardening advice to help your yard thrive. Local experts know what works in Calgary's climate – saving you time, water, and effort.

Visit [calgary.ca/yardsmart](http://calgary.ca/yardsmart) to explore YardSmart's free plant lists, design layouts, how-to videos, and yard care tips.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	2	2	\$1,849,900	\$1,886,750
February	26	0	0	\$0	\$0
January	26	0	0	\$0	\$0
December	25	0	0	\$0	\$0
November	25	1	1	\$1,249,900	\$1,467,000
October	25	0	1	\$2,195,000	\$2,025,000
September	25	2	1	\$3,950,000	\$3,950,000
August	25	0	0	\$0	\$0
July	25	1	3	\$1,625,000	\$1,640,000
June	25	1	1	\$1,649,900	\$1,590,000
May	25	1	0	\$0	\$0
April	25	2	0	\$0	\$0

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