

DECEMBER 2023

DELIVERED MONTHLY TO 3,425 HOUSEHOLDS

# PBP Matters



THE OFFICIAL PALLISER BAYVIEW PUMPHILL COMMUNITY NEWSLETTER



Low ratio class sizes averaging 8:1.

Self-directed learning with enhanced curriculum.

**CHOOSE TO SUCCEED AND ENROLL TODAY!**

403.270.7787

[www.BanburyCrossroads.com](http://www.BanburyCrossroads.com)



**BANBURY  
CROSSROADS  
SCHOOL** EST. 1979

2223 Palliser Dr SW, Calgary AB T2V 3S4 • 403-281-1908 • [pbpcam@pbpcommunity.ca](mailto:pbpcam@pbpcommunity.ca) • [@PBPCommunity](https://www.facebook.com/PBPCommunity)

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)



LEN T WONG + ASSOCIATES



## BAYVIEW COMMUNITY REAL ESTATE ACTIVITY

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our  
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lenthong.com](mailto:len@lenthong.com)**

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

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	0	0	\$0	\$0
September	23	3	5	\$1,299,900	\$1,245,000
August	23	1	0	\$0	\$0
July	23	0	0	\$0	\$0
June	23	1	0	\$0	\$0
May	23	0	3	\$1,995,000	\$1,850,000
April	23	1	1	\$1,650,000	\$1,650,000
March	23	1	1	\$1,298,880	\$1,250,000
February	23	2	1	\$1,649,900	\$1,585,000
January	23	2	0	\$0	\$0
December	22	0	1	\$1,149,000	\$1,107,500
November	22	1	0	\$0	\$0

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

# OFFICIAL



PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

info@officialplumbingheating.ca  
official-plumbing-heating.ca

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



### MATS

Commercial mat rentals and purchases



### HOSPITALITY SERVICES

Linens for tables, chairs, and napkins. Laundry and pressing services



### WORKWEAR

Workwear and cleaning of uniforms and coveralls



### CLEANING

One-stop service for cleaning supplies and paper products

[calgarymatandlinen.com](http://calgarymatandlinen.com)

# JAFFERY OPTICAL



**50% OFF**

COMPLETE SET OF  
**EYE GLASSES**

Any Lens

Any Frame

#### MIDNAPORE

Unit 328-22  
Midlake Blvd. SE,  
Calgary AB T2X 2X7

PH: (403) 984-3275

#### BRAESIDE

Unit 25B-11440  
Braeside Dr. SW, Calgary  
AB T2W 3N4

PH: (403) 452-1273

**USE IT OR LOSE IT**

BEFORE YOUR INSURANCE EXPIRES ON  
31ST OF DECEMBER 2023



@jafferoptical

[www.jafferoptical.com](http://www.jafferoptical.com)

## PRESIDENT'S MESSAGE

It is with a heavy heart that I resign my position as President of the PBPCA, and the Board altogether. When I joined the Board in 2022, it was with the intention of helping bring our people closer together and revitalize our sense of community, which had declined with the onset of the COVID-19 Pandemic.

Shortly after I took the position of President this February, the development of Glenmore Landing was announced. That has become the major focus of the Board for the last seven plus months as we have gathered and shared feedback from the community. This has unfortunately reduced our ability to support the community in other ways. Nonetheless, I was optimistic that we would be able to do both. Then, in September, my child was impacted by the nursery e-coli outbreak, and I took a leave of absence from the Board to focus on my family. That event has made me evaluate where I spend my precious time outside of work.

I returned to the Board in late October and began an effort to understand what has progressed in my absence. On that journey of re-engaging with the events I missed, and with the recent addition of new Board members, what has become clear to me is that the Board has become nearly entirely focused on the development of Glenmore Landing. This is an effort that requires expertise I do not have, and time and attention that I am simply unwilling to commit to while my family recovers from the events in September. As such, I find myself unable to fulfil the duties required of the President of the Community Association. Therefore, I cannot, in good conscience, remain in this position.

I would be remiss if I didn't thank, Jay Nelson, Virander Mahajan, and Sushma Mahajan who have comprised the heart of the Board for many years and without

whom, our community would have suffered for not having a Community Association to run and maintain our rinks, create and run community events, provide our community hall to Seedlings daycare and for private bookings, and many more valuable activities that take place behind the scenes. Jay in particular, is a long-serving and effective executive volunteer who was solely responsible for securing some \$19,000 in grants to commission the PBPCA's mural in 2022. In my opinion, the nicest mural in the city!

Cal Melrose has been a dedicated and hardworking Director of Facility Maintenance and Lifecycle for the past nine years. At 93 years of age, Cal still drops into the centre almost daily to check plumbing, heating, and electrical systems. Earlier this year, Cal secured a grant for the City of Calgary to pay for 75% portion of the centre's new \$19,000 HVAC system. He works at every event we organize, performs frequent small repairs, and keeps the lights on, and the doors open in a very old facility. Finally, I would like to thank Jean Kipp for his efforts as our Community Coordinator. Jean runs the day-to-day administration and communications of the Community Association. He has been very active in timely and accurate communications in respect of the development plans at Glenmore Landing.

I extend my best wishes to the Board as they continue their mission to support and bring our community together, and actively advocate for the optimal development of Glenmore Landing for our community over the coming months and years. May their endeavours contribute positively to our community's growth and well-being.

*Sam Swain*  
Past President, PBPCA

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**PALLISER**



**BAYVIEW**



**PUMP HILL**



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



# PBPCA Hall Rentals

2323 Palliser Drive SW - 403.281.1908  
See [www.pbpccommunity.ca/rentals](http://www.pbpccommunity.ca/rentals)



Our Main Hall (MH) is rated for 109 people & comes with folding tables & chairs. The MH has direct access to the rear patio, sports park, & playground. There is a 92" screen with a Wireless / Bluetooth HD projector and PA system available for rent. Free WIFI throughout the facility. \$43/hr.

Our kitchen is equipped with late model appliances, including an available WEBER propane BBQ for patio cooking.

Our Boardroom holds 37 people for meetings, classes, etc. It features an UHD 82" SMART TV with WIFI access to stream movies & programs. The BR also features a Yamaha sound system to enhance the TV. Rates for the BR are \$27/Hr.



# Membership Application

Palliser • Bayview • Pump Hill Community Association



[www.pbpcommunity.ca](http://www.pbpcommunity.ca)

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

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

*Membership is 12 months from date of purchase.*

We / I live in:  Palliser  Bayview  Pumphill  Other

Name: \_\_\_\_\_

Additional household members' names (ages for kids): \_\_\_\_\_

Full Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell/SMS: \_\_\_\_\_

Email\*: \_\_\_\_\_

Contact Preference:  Phone  Email

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

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

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

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

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

 **@PBPCcommunityassociation**

 **@pbp\_community**



## JOIN THE PBPCA HERE!

## Fuelling Young Athletes

by Alberta Health Services

Nutrition is important for young athletes (ages 12 to 18) because it supports both healthy growth and sports performance. Young athletes who fuel their bodies with healthy choices will get more out of their training and perform better during competition.

Here are some tips for young athletes:

### Before your activity

Drink 1.5 to 2.5 cups of water two to three hours before activity to hydrate your body.

Plan to eat a meal two to three hours before an activity to give your body time to digest and convert it to fuel for your muscles. If you only have one to two hours before an activity, eat a smaller snack instead. Choose foods that contain carbohydrates and proteins, as well as foods that are lower in fat and fibre. For example, try a fruit smoothie, a chicken wrap or an egg and toast.



### During an activity

Water is the best fluid to keep you hydrated when you are active for less than one hour. Bring a water bottle with you and drink every 15 to 20 minutes during an activity. If you are active for more than one hour and sweating a lot, you may benefit from a sports drink. A sports drink provides carbohydrates (energy) and replaces the electrolytes you lose when you sweat. Avoid low carbohydrate sports drinks and drinks with caffeine or carbonation (fizz).

### After activity

After an activity, drink fluids and eat food to help you refuel and recover. Drink one to two cups of fluid and eat foods with carbohydrates and proteins. Choose foods such as cereal and milk, fruit and Greek yogurt or a nut butter sandwich.

**Hate Your Renewal Rate? Call Me!**

Expert advice  
Excellent rates  
Many options  
Better mortgages

**ANITA** 403-771-8771  
anita@anitamortgage.ca

Licensed by Avenue Financial

**BARKER'S**  
· FINE DRY CLEANING ·

**PICK UP & DELIVERY SERVICES**

**403-282-2226**

# PBPCA Board Admits 9 New Anti-Glenmore Development Directors

by John Kipp

On November 7, a PBPCA board meeting was held at the Community Centre wherein nine new directors were voted in. The new board have expressed their desire to stop the sale and rezoning of City of Calgary land surrounding the Glenmore Landing Shopping Centre. In effect, this would stop all development plans by RioCan, the owners of the shopping mall. Anti-development proponents claim that the 5.5 hectare surrounding Glenmore Landing is designated parkland and should be protected under a legal agreement executed by RioCan predecessors and the City of Calgary. The city and the Ward 11 office state that this land is not parkland and was set aside for potential road expansion. I drive by Glenmore Landing often and, in my 27 years here, have yet to see children at play, family picnics, or people throwing a frisbee on these narrow strips of bermed land. Nonetheless, the new PBPCA mandate is to stop development at Glenmore Landing by RioCan by first targeting the proposed land sale to RioCan.

To date, the PBPCA had taken a more non-partisan position in representing the views of residents, who may oppose or support the development, through our media channels. In a statement published in May of this year, the PBPCA position was that they would remain a neutral party to the development process but that they would undertake to keep our residents informed of all developments, respond with resident feedback where required, and advocate for benefits to our community. In other words, we would relay community feedback and advocate for commercially reasonable development. To this end, RioCan have scaled back their development plans e.g., tower height reductions and plans to mitigate traffic congestion. We were prepared to negotiate more good faith concessions from RioCan.

As a small volunteer board, the PBPCA's mission is to connect the residents of the PBP and surrounding communities. This includes activities such as the maintenance of our building and surrounding amenities such as the basketball court and skating rinks, raising money through casino events to pay association expenses, and organizing community events. Taking an

opposing position with RioCan and the City of Calgary was inconsistent with the mission of the majority of the previous board. It appears now that the new board of directors will be primarily occupied with opposition activities against the Glenmore Landing development with control of the accumulated PBPCA funds.

No one knows whether the majority of residents in the PBP support or oppose this development. We know that The Communities for the Preservation of Glenmore Landing currently have 71 followers on their Facebook page – two of which are the writer. The PBPCA's [riocancomments@pbpcommunity.ca](mailto:riocancomments@pbpcommunity.ca) account has received emails from 13 residents since October 17 – three of which are new board members opposing the development. And the community liaison to Ward 11 Councillor Kourtney Penner stated that while they receive plenty of comments opposing development, there are many who support managed development by RioCan. That is, working with the developer, City Planners, and Council to achieve a balance between community needs/concerns, RioCan's right to growth, and the City's need to expand residential housing with access to transit. We have more than 6,000 residents in the PBPCA including a great number of renters. Can we accept that 82 residents opposed to this development represent the views of the majority?

By the time you read this article, I fear that the PBPCA will not advocate for reasonable development for the greater good and growth of our communities. What it will advocate for and what services it will provide the communities will reveal itself in time as the new board coalesces around a new mission and vision.



Nobody knew it at the time, but on December 5, 1901, the world was forever changed. Not sure why? Well, this is the date that empire-leading, family-bonding, happiest-place-on-earth-creating Walter Elias Disney, better know as Walt Disney was born! Can you imagine a world in which Disney World, Mickey Mouse, and Donald Duck don't exist?!





We are pleased to announce that **Ms. Gabriela Alvarado-Torres** joined our team in October.

Gabriela is a Denturist who brings with her a diverse experience gained from practicing in several clinics in Alberta, where she provided a variety of treatment options to her patients. Her caring personality and attention to detail fits into our practice philosophy, and she can provide services in both English and Spanish! Call our office at 403-251-1522 to schedule an appointment with Gabriela or Chuck.

### Personalized High-Quality Dentures from the Denturists Who Care!

- New Complete and Partial Dentures
- Implant Denture Services
- Relines, Repairs, and Adjustments
- Mouthguards
- Complimentary Consultations
- Direct Billing with Assignment Insurance Companies
- Referrals for Dental Implants
- Referrals to General Dentists
- Dental Implant Placement Referrals

[OakridgeDentureCentre@gmail.com](mailto:OakridgeDentureCentre@gmail.com)  
[www.OakridgeDenture.com](http://www.OakridgeDenture.com)

**403-251-1522**

**Charles Gulley, DD, F.C.A.D.**  
Denturist, Denture Specialist

**Gabriela Alvarado-Torres, BHSc, DD**  
Denturist, Denture Specialist

## PLUMBER



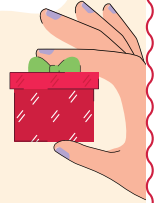
### *PLUMBOB Father and Son*

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: **403-461-3490**

## *A Tiny Gift*

University nanotechnologists created the smallest Christmas card ever in 2010! Unbelievably, this card is invisible to the human eye as it is thinner than a human hair. You could lay out 8,276 of these cards onto the front of a postage stamp. It may be the perfect little thing to give that person you just never know what to buy for!



## A CAST OF CHARACTERS

In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!



## Letter from the PBPCA Vice President

by Jay Nelson

Hello fellow PBPC Community members,

Along with President, Sam Swain, I have submitted my resignation as VP of the Community Association Board this month. It has been a fun six years. Living through the Covid period as CA President was not something I expected, but we made it in good shape. Spearheading the mural project was very gratifying and the result was exceptional. I learned more than I ever thought I would know about development processes, MDPs, LAPs, TODs, TIAs, Districts, and Guidebooks. I enjoyed the company of all who served on the Board and thank them for their efforts.

I appreciate the assistance of the City and CBE employees who help manage our CA and property and Councillors Pincott, Farkas, and Penner, and staff, all of whom supported the PBPCA whenever called upon. Nonetheless, the Glenmore Landing development has taken the wind out of my sails. It is simply no fun to assess a situation objectively and in the best interests of the community, while becoming an object of scorn to those who disagree. And, as a volunteer no less!

This is a fantastic place to live. We are all so lucky to be part of this community. I like it so much, I did it twice (well, the first time it was my parent's decision).



## Letter from the PBPCA Director of Maintenance and Lifecycle

My name is Cal Melrose and I have been a volunteer director for the PBPCA for the past nine years. In that time, I have dedicated myself to the ongoing maintenance and improvement of the PBPCA facilities so that the residents had a clean, warm, and safe space to leave their children, hold family events, go to yoga and Bridge, and skate on our magnificent rinks. Most weeks, I would have a wrench, a drill, or a paint brush in my hands to ensure that operations continued smoothly. It was important that the PBPCA generate adequate operational revenues and the residents could be proud of their community centre.

My proudest moments with the PBPCA were having the rink shelter named after me (Melrose Place) for my 90 birthday and the award of Queen Elizabeth's Platinum Jubilee Medal. The medal is awarded to those Albertans who exemplify the Queen's dedication to public service. It was created by the Province of Alberta and the medal is conferred on a distinguished group of people who have shown steadfast dedication to the province and to the community.

However, at the age of 93, I am unwilling to continue to serve the PBPCA as part of the new anti-Glenmore Landing development, one-issue-board-of-directors. As a renter myself, I am personally offended that, in this time of housing crisis where families (and seniors) are finding it difficult to find reasonable accommodations, our new board refuses to allow much needed residential development in the city to ease the housing crisis and bring rents down.

As such, I shall resign my position as Director of Maintenance and Lifecycle effective immediately. I have enjoyed serving the communities but now it's time to move on to other volunteering pursuits!

Cal Melrose

# 8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

**1. Plan ahead.** You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make time to relax.** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

**3. Put expectations in check.** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look for help.** Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set limits.** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

**6. Eat and drink but be healthy.** Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let things go.** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't forget the fun!** Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.



# Brooks

REAL ESTATE GROUP

brooksrealestategroup

Brooks Real Estate Group - RE/MAX House of Real Estate

[www.brooksrealestategroup.ca](http://www.brooksrealestategroup.ca)

## 403-287-4923

RE/MAX HOUSE OF REAL ESTATE

4034 16 St SW Calgary, AB, T2T 4H4



**131 Pump Hill Place SW | \$1,700,000**

Location, Location! Amazing oversized lot in a quiet cul-de-sac backing onto green space. Enjoy the rich quality of this fully renovated home with a true gourmet kitchen, 4 bedrooms, 5 bathrooms and an amazing garden. Space for the whole family and quality throughout.



**#305, 2144 Paliswood Road SW**

Fabulous top floor 2-bedroom condo with a west exposure coming to market soon. Meticulously maintained in a desirable location. One titled parking stall and upgraded amenities. Call for more information.

### Palliser Bayview Pumhill Real Estate Activity for October 2023

		SINGLE FAMILY HOMES	PRICE	CONDOS	PRICE
BAYVIEW	Active	0	—	0	—
	Sold	0	—	0	—
PUMP HILL	Active	4	\$1,275,000 – \$9,900,000	0	—
	Sold	2	low \$1,480,000s – mid \$1,720,000s	0	—
PALLISER	Active	1	\$825,000	0	—
	Sold	2	mid \$740,000s – mid \$820,000s	3	low \$370,000s – high \$460,000s

**WE ARE IN A SELLERS' MARKET!!! IF YOU ARE THINKING OF SELLING YOUR HOME, PLEASE GIVE US A CALL!**



# Community Crime Beat: August 2023 Year-to-Date

by John Kipp

For the Year 2023	Palliser	Bayview Including Glenmore Landing	Pump Hill	Haysboro	Oakridge	Braeside
Assault (Non-domestic)	6	1	3	27	11	10
Commercial Robbery	0	0	0	0	2	0
Street Robbery	0	0	0	4	1	2
Violence 'Other' (Non-domestic)	2	2	3	20	2	8
Break and Enter - Dwelling	0	3	1	4	3	3
Break and Enter - Commercial	1	0	0	17	3	2
Break and Enter - Other Premises	2	0	0	18	1	1
Theft of Vehicle	8	0	2	17	11	14
Theft from Vehicle	25	3	4	91	10	27
<b>Totals</b>	<b>44</b>	<b>9</b>	<b>13</b>	<b>198</b>	<b>44</b>	<b>67</b>

Source: Calgary Police statistical reports

## Top 10 Communities in Calgary with the Least Crime (Last 12 Months to August 2023)

by MyCalgary.com

Community	Sep 2023	Aug 2023	Jul 2023	Jun 2023	May 2023	Apr 2023	Mar 2023	Feb 2023	Jan 2023	Dec 2022	Nov 2022	Oct 2022	12 Months 2022
<b>1. Roxboro</b>	0	1	2	0	0	0	0	0	1	0	0	0	4
<b>2. Mayfair</b>	0	0	0	1	0	1	0	1	0	0	0	1	4
<b>3. Wolf Willow</b>	2	0	0	0	0	0	0	1	0	1	0	3	7
<b>4. Belmont</b>	0	0	2	0	0	0	0	2	0	2	0	0	6
<b>5. Bonavista Downs</b>	0	1	1	0	0	2	0	0	1	1	0	0	6
<b>6. Bel-Aire</b>	0	0	1	0	0	1	1	2	0	0	0	1	6
<b>7. Diamond Cove</b>	0	0	1	1	0	0	1	0	0	1	1	2	7
<b>8. Rideau Park</b>	1	0	0	0	0	0	1	0	2	0	3	2	9
<b>9. Rangeview</b>	0	0	0	2	0	1	0	0	0	0	3	0	6
<b>10. Bayview</b>	0	0	1	1	1	0	0	0	1	3	1	1	9

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our Innovative Consumer Programs



LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



Call or Text 📞 403-606-8888 ✉️ len@lentwong.com 🌐 calgaryhomesearch.com 🌐 calgaryluxuryhomesearch.com

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

## PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
October	23	3	5	\$450,000	\$467,100
September	23	5	4	\$444,950	\$471,750
August	23	7	7	\$665,000	\$644,000
July	23	2	2	\$324,450	\$353,750
June	23	11	10	\$412,400	\$394,500
May	23	5	10	\$687,950	\$688,750
April	23	6	4	\$324,950	\$348,500
March	23	9	9	\$399,900	\$400,000
February	23	5	2	\$506,950	\$495,000
January	23	5	5	\$309,900	\$310,400
December	22	3	6	\$379,450	\$356,375
November	22	4	2	\$444,000	\$435,500

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
October	23	3	2	\$1,624,450	\$1,602,500
September	23	1	1	\$784,900	\$811,600
August	23	3	2	\$1,004,000	\$986,500
July	23	1	0	\$0	\$0
June	23	3	3	\$1,998,000	\$1,818,888
May	23	2	5	\$1,150,000	\$1,100,000
April	23	3	2	\$1,099,000	\$1,075,500
March	23	5	1	\$1,200,000	\$1,195,000
February	23	1	1	\$1,075,000	\$1,080,000
January	23	0	0	\$0	\$0
December	22	0	0	\$0	\$0
November	22	1	2	\$849,450	\$825,000

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

# How to Follow a Recipe

by Alberta Health Services

A recipe provides instructions on how to make a specific food or dish. A recipe can help you make foods and meals with new ingredients. When you try new recipes, it can help you learn new culinary skills.

Not all recipes look the same, but most have the same information. Most recipes will have a title, a list of ingredients, directions, total servings (sometimes called 'yield') and recipe notes.

- A recipe title will describe the food or 'dish.' Below the title a description of the recipe may be included.
- Ingredients will be listed with the amount needed to make the dish.
- Directions should be followed in order. Directions may include steps that you need to do before you start cooking. Set out the cooking tools, equipment, and ingredients for the recipe.
- Total servings or yield is how much the recipe makes. A recipe may include suggested portion sizes.
- Some recipes will have recipe notes, which can include tips for storage, ingredient substitutions or changes, and nutrition information.

Try following these steps when reading a recipe. It can help you make the recipe more easily.

### 1. Read the entire recipe before you start.

- It can tell you how much of each ingredient to use, and if an ingredient is being used more than once.
- It can tell you the steps you need to do before making the recipe, such as cooking ingredients.
- Plan and give yourself enough time to complete all steps in the recipe. Some steps will take longer than others.

### 2. Collect the ingredients.

- Look in your cupboard and fridge for the ingredients you already have.
- Start a shopping list for the ingredients you don't have or need more of. It may be helpful to write down how much you need.

### 3. Get your equipment or cooking tools ready before you start.

- Take out bowls or measuring spoons.



**4. Review the order of the steps. See what you need to do before starting, such as preheating the oven or cutting vegetables.**

### 5. Note how to tell when it's done.

- Recipes include cook time. The cook time may change with different ovens and how thick foods are chopped.
- Often recipes will say how you can tell the food is cooked. Checking your food often can help make sure it is not overcooked or undercooked.
- Use a thermometer when cooking meat.

**IS YOUR WILL UP TO DATE?  
DO YOU HAVE AN ENDURING  
POWER OF ATTORNEY?  
DO YOU HAVE A  
PERSONAL DIRECTIVE?**

We can help:

✓ House calls    ✓ Reasonable fees  
Location: Palliser

**403-669-3355**



**CAMERON LAW**  
A LIFETIME OF EXPERIENCE

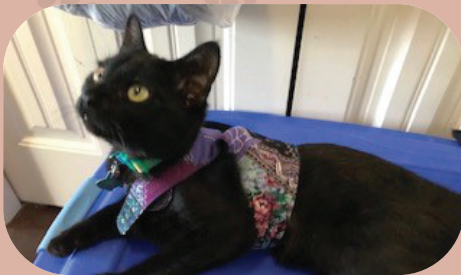
## Cats, Canines, & Critters of Calgary



Chiche, Douglas Glen



Guapo, Douglas Glen



Jeni, Patterson



Molly, Renfrew

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

For business classified ad rates contact  
Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**ELECTRICITY IS NOT A HOBBY:** Call a licensed electrician and pot light specialist. No job is too small. Excellent rates. Please call John at 403-708-6555.

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**PALLISER | BAYVIEW | PUMPHILL MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).



# BUSINESS CLASSIFIEDS

**JUNK TO THE DUMP / ODD JOBS:** Safety starts with a clean and clutter free environment. Disposal of any household unwhats. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, T4 Filings, and . Phone Katie 403-870-0737.

**PAINTER SERVICING PALLISER | BAYVIEW | PUMPHILL:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Gavin for a free estimate at 825-431-7944. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**AFFORDABLE DENTAL CARE MINUTES FROM PALLISER | BAYVIEW | PUMP HILL!** Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit [CalgaryDentalCenters.com](http://CalgaryDentalCenters.com). Save money, smile, be happy!

**EXPERIENCED LOCAL HANDYMAN-CONTRACTOR:** Whatever your home improvement project may be, our team of experts can help. Fully insured and licensed with the city. 15% seniors discount. Call us today for a free quote. 403-255-5115.


**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/ Drop-Off Service Available.

**GREENPRO NATURAL CLEANERS:** Have a clean, fresh house for the holidays. We do not use harsh chemicals. We do deep cleaning from kitchen appliances and laundry to maintenance vacuuming and dusting. Spend more time with family and less time cleaning. Reference upon request. Check out our website at [www.greenpronaturalcleaners.com](http://www.greenpronaturalcleaners.com). Call: 368-887-0597. Email: [greenpronaturalcleaners@gmail.com](mailto:greenpronaturalcleaners@gmail.com).

**RESIDENTIAL/OFFICE CLEANERS IN PALLISER, BAYVIEW & PUMPHILL:** Trained; bring own supplies; over 15 year's experience in Calgary area; we also do electrostatic spraying to combat bacteria and viruses including COVID-19; trusted; reliable; reasonable rates. 403-819-0807.



**TRAILERS** 

If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.



Jackson & Jackson  
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE  
INCLUDING SMALLER IN-HOME PROJECTS**



## Services

Residential Landscaping  
Landscape Construction  
Year-Round Maintenance  
Spring and Fall Cleanup  
Commercial and Condo  
Property Management  
Snow and Ice Removal

## Contact Us

### Address

20 Sunvale Place SE  
Calgary, AB T2X 2R8

### Call us now

(403) 256-9282

### Email us

info@jacksonjackson.ca  
contact@jacksonjackson.ca



[www.jacksonjackson.ca](http://www.jacksonjackson.ca)



Fresh Jock

**No matter how much  
you sweat, we can get  
the stink out!**

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



## OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

**CALL US TODAY AT**

**403-726-9301**

**calgaryfreshjock.com**

# Get Noticed

**ACQUIRE AND RETAIN NEW CUSTOMERS.**

Your Ad Geofenced Precisely in Your Target Market  
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)



**SCAN ME**

**GREAT NEWS MEDIA**

LEADERS IN COMMUNITY FOCUSED MARKETING

# Your Local Realtor

MARGARET HAMILTON

403.615.4256

403.252.5900

margarethamilton@shaw.ca  
www.margarethamiltonrealestate.com



Royal LePage® Solutions  
205, 264 Midpark Way SE  
Calgary, AB T2X 1J6






WEST PEAKS  
DENTAL SUITE

## New Location Now Open!

Dr. Adrian Harbison and Dr. Sean Carey, along with the rest of the West Peaks Dental Team look forward to meeting you!

Book Now



 Suite 205, 125 Oakmoor Pl SW  
Calgary, AB T2V 4A3  
 (403) 281-4264  
 westpeaksdentalsuite.ca

