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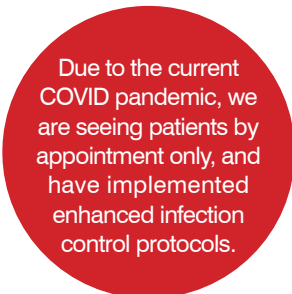
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Directors at Large	Jay Nelson, Sara Dosanjh Evans
Rink Team Lead	Trevor Brown
PBP Community Coordinator	Jean Kipp

pbpcam@pbpcommunity.ca | 403-281-1908

PBPCA to Encourage Block Parties with Free Access to Equipment

by John Kipp

At the April PBPCA board meeting, President Sam Swain moved that the community association acquire a good-sized propane grill and pop-up tent to make available to PBP neighbourhoods who want to organize block parties. The addition of these two items will complement the Weber 3-burner BBQ which the PBPCA acquired last year.

"I think it's a good way to encourage those kinds of community events," said Sam, who recently assumed the president's position in February. "Part of the PBPCA mission is to help create engagement opportunities, so if we can supply equipment free of charge to facilitate food preparation for a street party, I think that's a good use of our funds." The board voted unanimously to support the motion and all of the equipment became available in May.

If you're planning a neighbourhood party this summer and would like to use the equipment listed, please drop an email to pbpcam@pbpcommunity.ca.

No News on Potential Local Glenmore Re-Development Committee

by John Kipp

The PBPCA Board has only heard from a handful of concerned individuals since the RioCan Open House in April re the planned development at Glenmore Landing. As mentioned in last month's issue, the PBPCA is happy to connect residents who wish to come together to have an impact on the ongoing planning for Glenmore Landing. Whether it's issues of egress, access, congestion, traffic, construction, etc., we strongly encourage community members to reach out and share their concerns as a single entity.

The PBPCA role is to bring the community together and help support these kinds of initiatives such as coordinating events, communicating updates through our social media channels, and making our facilities available for gatherings of interested people who believe they can make a difference. It would seem that the plan to re-develop Glenmore Landing is a "fait accompli." That doesn't mean that we cannot, as a community, impact and influence the planning such that the result is acceptable to most! If you think you would like to join or lead a group of concerned residents who want to influence what Glenmore Landing will ultimately become, drop me an email at pbpcam@pbpcommunity.ca.



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		Listed	Sold	Listed	Sold
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
October	22	0	1	\$650,000	\$636,500
September	22	2	1	\$1,089,900	\$1,025,000
August	22	0	2	\$2,135,000	\$2,076,000
July	22	1	3	\$849,900	\$827,500
June	22	1	1	\$2,750,000	\$2,850,000

To view more detailed information that comprise the above
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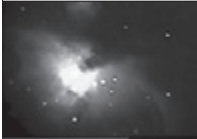
Stargazing with Pat J: Indoor Astronomy

by Patricia Jeffery © 2023, Calgary Centre of the Royal
Astronomical Society of Canada

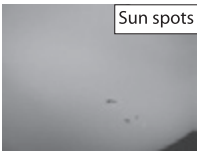


If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Orion nebula: through
two panes of glass



Sun spots



Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.

Guess That Song!



1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

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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

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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

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Additional household members' names (ages for kids): _____

Full Address: _____

Phone: _____ Cell/SMS: _____

Email*: _____

Contact Preference: Phone Email

I agree that PBP Community Association 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

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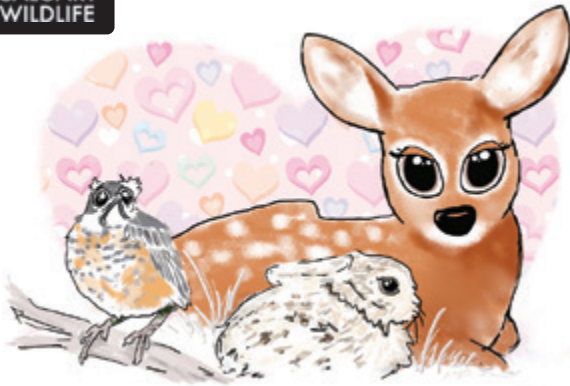
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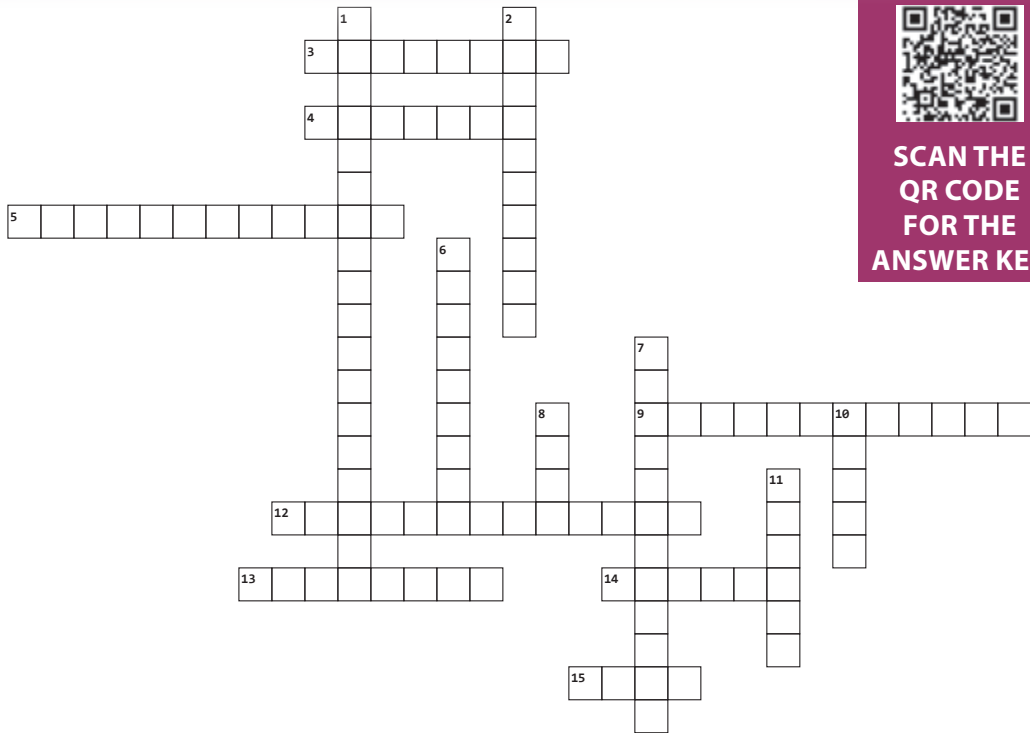
Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

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July Crossword Puzzle



SCAN THE
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FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

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PBPCA Invited to Submit Comments re RioCan City Application for Land Use Amendment and Outline Plan re Glenmore Landing Re-Development

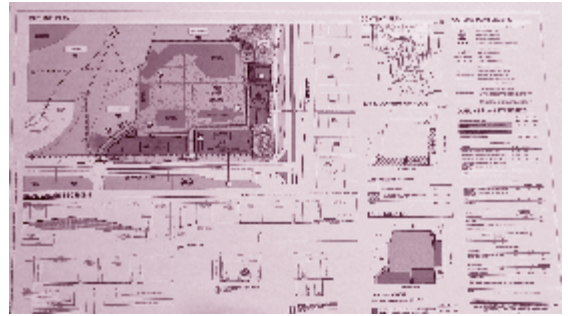
by John Kipp

On June 6, the PBPCA Board was advised that Urban Systems (representing RioCan) submitted their application for a design framework, outline plan, and land use redesignation for the Glenmore Landing shopping centre.

According to Urban Systems, their client, RioCan Management Inc., entered into a purchase and sale agreement with the City of Calgary as of June 2022 to achieve the collective long-term vision of developing a vibrant, master planned community hub through redevelopment of the shopping centre. This agreement includes the purchasing of the City of Calgary surplus land along 14 Street and 90 Avenue, surrounding the existing Glenmore Landing property.

As part of the agreement, RioCan will be amending the land use for the entire site and has prepared an outline plan and design framework report to support the proposal. Approval by the City of these applications will allow RioCan to take a phased approach to strengthen the retail at Glenmore Landing with the addition of residential housing options to transform the site into a pedestrian friendly, mixed-use community.

A design framework, outline plan, and land use redesignation that Urban Systems have referred to in their application are complicated documents. According to Urban Systems principal, Mike Coldwell, "The Design Framework provides guidance for future, phased development to occur on site and provides direction for future development permit expectations. The Design Framework outlines design elements such as placemaking, integration, built form, open space, and community building. Furthermore, the Design Framework distinguishes between Set and Flex areas of the plan – to create certainty for certain areas and elements of the plan, while creating flexibility for the future design stages and evolution of the site. In



addition, the Outline Plan and Land use amendment applications provide additional details related to density and intensity expectations and appropriate uses."

Insofar as the land use redesignations are concerned, Coldwell says that the existing shopping centre will continue to be guided by the Commercial – Community 2 District (C-C2) (max height: 10m, max FAR: 0.34) while the short-term redevelopment lands will be guided by the Multi Residential – High-Density High-Rise District (M-H3) (max height: 115m, max FAR: 11.0). These districts have been selected to appropriately reflect both short and medium-term development plans for the site while recognizing that to achieve the ultimate vision established in the design framework, additional land use amendments will be required for the shopping centre lands.

The application also notes that public and stakeholder engagement occurred prior to the application submission in order to inform interested parties about the proposed redevelopment and they intend to continue engaging the surrounding communities and tenants throughout the application process, and into future design and approvals processes, including a project website.

Next Steps

The City has asked your PBPCA Board to submit responses and comments to the application which will form part of the official record and be available for public viewing upon the final decision of the application. Sushma Mahajan, who is the PBPCA's planning director, is heading up the coordination of the responses back to the City. If you would like to express your comments or concerns relative to the Glenmore Landing redevelopment plans, please send an email to Sushma at riocancomments@pbpccommunity.ca by June 20 for consideration and consolidation to the City of Calgary.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
October	22	5	6	\$579,900	\$566,500
September	22	5	4	\$317,250	\$310,000
August	22	5	6	\$321,950	\$322,500
July	22	6	5	\$349,900	\$348,000
June	22	11	8	\$367,400	\$371,200

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

PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	2	5	\$1,150,000	\$1,100,000
April	23	4	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
October	22	1	1	\$629,900	\$635,000
September	22	1	0	\$0	\$0
August	22	2	2	\$2,023,400	\$1,867,500
July	22	2	1	\$850,000	\$870,000
June	22	3	2	\$1,314,450	\$1,300,000

To view more detailed information that comprise the above
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Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



PBPCA to Host Mural Dedication Community Party on July 16 at the Community Centre

by John Kipp

The mural on the PBPCA community centre's west walls was completed last October and funds were retained to organize a community party to dedicate the mural at some point. "We wanted to wait until we had all the equipment," said Jay Nelson, a PBPCA director, "and now that we have all that in place, we picked a date after Stampede so people could use the occasion to 'recover' in their own community." The PBPCA has obtained two large picnic tables for the rear patio with a \$1,000 grant from the Federation of Calgary Communities. In addition, we have acquired a good-sized propane grill, BBQ, and two 12 x 12' pop-up tents to make the event possible even if the weather does not fully cooperate.

"Our hope is that we can celebrate outside on the 16 and make use of the terrific grounds at the PBPCA centre to enjoy some food and drink together against this wonderful art piece," said PBPCA President, Sam Swain, "Part of the PBPCA mission is to help create engagement opportunities, so if we can bring people in to celebrate the mural and have neighbours get re-acquainted after COVID; I think that's effort well spent." So, before you wake the kids and call the neighbours, let's get July 16 circled on the old calendar and look forward to a very enjoyable event!

If you're planning a neighbourhood party this summer and would like to use the equipment listed, please drop an email to pbpcam@pbpcommunity.ca.

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Palliser Bayview Pumphill Real Estate Activity for May 2023

		SINGLE FAMILY HOMES	PRICE	CONDOS	PRICE
BAYVIEW	Active	0	—	—	—
	Sold	3	\$1,230,000 - \$1,920,000	—	—
PUMP HILL	Active	2	\$1,299,000 - \$1,749,000	—	—
	Sold	5	\$820,000 - \$1,300,000	—	—
PALLISER	Active	—	—	1	\$444,900
	Sold	8	\$513,000 - \$849,000	—	\$340,000

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