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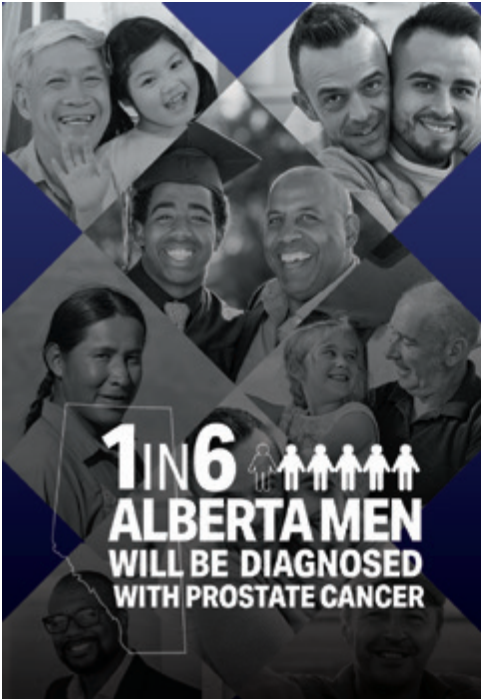
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## Joke of the Month

**What did the yoga  
instructor say when  
his landlord tried to  
evict him?**

**Namaste.**



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EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

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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
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## November 11, Remembrance Day

*A message from the Federation of Calgary Communities*

As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

### Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

### Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.

*you*



can be the reason young people and families experience the magic of opening a present on Christmas morning!

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# PBPCA RioCan/Glenmore Landing Development Update

by John Kipp

In September, the PBPCA engaged with Ward 11 Councillor, Courtney Penner, the City of Calgary Planning Department, and RioCan to obtain updates on the Glenmore Landing development plan and to re-emphasize some of the concerns being expressed by residents such as traffic congestion and the “shadowing” of some neighbourhoods by tall residential buildings. RioCan has scheduled a second set of information sessions on October 25 at Heritage Park to review these and other issues raised by the residents which will precede the November publication of this update article. As such, here is what the PBPCA has discovered as of October 5, 2023.

From a traffic standpoint, the concerns about traffic congestion caused by construction, limited egress, and access to Glenmore Landing, and planned residential development at the Calgary Jewish Centre is causing some anxiousness among the residents. Memories of the traffic chaos caused by the BRT tunnel construction a few years back are still fresh. Many residents worry that the planned development will cause prolonged and agonizing delays to access 14 Street and the shopping centre itself.

RioCan recently completed a Transportation Impact Assessment (TIA) which will be reviewed by the City as the process of RioCan’s Land Use application continues. The TIA looks at the various stages of development in project years (2028, 2039, and 2048) to ensure that traffic is managed within and around the site. The PBPCA was advised by the City that the TIA will be made available for review by the communities. Insofar as

congestion within the shopping complex is concerned, the existing parking, used for commercial purposes, will remain as the first phases of residential development occur. However, they emphasize that all new residential buildings will have underground parking.

In respect to the concern about shadowing, there has been some modifications made by RioCan in their resubmission to the City. The original maximum height of 115 meters has been reduced to 70 meters on 90 Street and 85 meters on 14 Street. In other words, what was to be 40-storey buildings have now been sized down to a maximum of 25-storeys and the taller two buildings will be constructed on 14 Street. However, another change that may not be so favourable is that RioCan anticipates that the buildings are expected to be rental apartments – not condominiums as originally believed. However, given their location, RioCan expects that they will be high-end rentals with approximately 10% reserved for social housing.

While true that RioCan submitted an Outline Plan, Land Use Re-designation, and Draft Plan of Subdivision applications in Spring 2023, there remains many steps in the process before anything is finalized. Each will require community feedback and there is nothing preventing residents or groups from submitting information or appearing in front of the planning committee throughout the process. The PBPCA is committed to informing our residents of developments and activities surrounding this project and will continue to share community comments and concerns with RioCan, the City, and our Ward 11 Councillor.



**WAR CATS**

Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!



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## PALLISER COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
September 23	5	4	\$444,950	\$471,750
August 23	7	7	\$665,000	\$644,000
July 23	3	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
October 22	5	6	\$579,900	\$566,500

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
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
October 22	1	1	\$629,900	\$635,000

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



## Still Working Remotely? Here's What You Need to Know

by Better Business Bureaus

People were working from home before the pandemic, but the events of 2020 made a perk into a necessity. Teams made the shift; now, not everyone wants to go back. For many, remote work makes sense. It's not a fad, it's here to stay. Here's what you should know whether you're an employer or an employee.

### Who is still working remotely?

Younger workers, ages 25 to 54, were more likely to telework than other age groups. Women were more likely to work remotely than men because of the pandemic. However, the numbers of remote workers were much lower when job responsibilities included manual work or physical labour.

### Benefits of working remotely:

- Improved work-life balance – People spend less time commuting. They have more control over their schedule, so they can more effectively juggle personal and professional tasks.
- Fewer work-related expenses – Workers save on transportation costs. They can prepare food at home rather than eating out and may need less work-related attire.
- Reduced stress – Healthier eating, no racing to work in heavy traffic, and a more balanced schedule can mean better physical and mental health.
- Increased productivity – Not everyone fits in the same nine-to-five cubicle. Remote work allows staff to pick their own most productive schedules and environments. Improved autonomy can lead to increased engagement.

### Problems reported by telecommuters.

Some workers found themselves surprised by some harsh realities of remote work. While most people envisioned laid-back hours working from the beach or cozy on the couch while the dog napped at their feet, the reality was something very different.

### Remote workers started reporting high levels of stress and signs of impending burnout for many reasons.

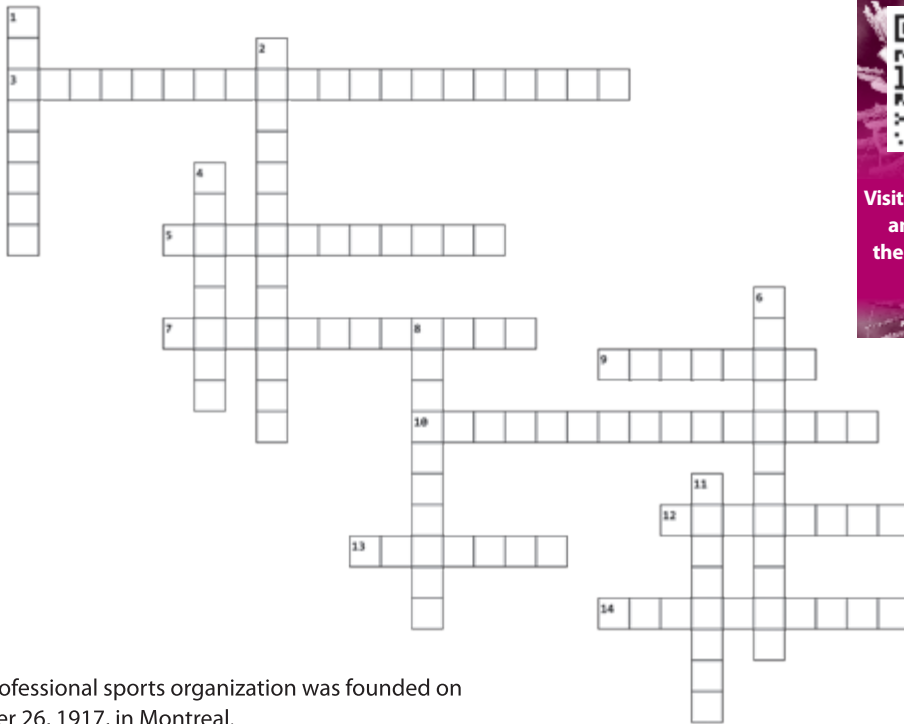
- Work schedules blurred. Because employees had flexible schedules, some felt they needed to be available for longer hours.
- Personal interaction became scarce. Video meetings don't provide the same level of interaction as seeing co-workers face to face daily.

### Drawbacks for employers

Companies can also need help when staff shift to part- or full-time remote work. Communication is more complicated when everyone is rarely together in one place. Company culture is more challenging to maintain and convey when onboarding new employees. Security is more challenging because employees access data using off-site networks and devices.

Bosses trying to manage teams with disparate schedules can become overworked and exhausted. While some employers save money because they don't have to maintain as much office space, others spend more because they must divert resources to multiple locations.

# November Crossword



## Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National \_\_\_\_\_ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto \_\_\_\_\_.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, \_\_\_\_\_, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male \_\_\_\_\_ onboard; thankfully, he survived the three hour and 20-minute space flight.

## Down

1. On World \_\_\_\_\_ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.



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	Listed	Sold	Listed	Sold
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
October 22	0	1	\$650,000	\$636,500

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

# 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	18	8	9
Commercial Robbery	0	0	0	0	1	0
Street Robbery	0	0	0	3	1	2
Violence 'Other' (Non-domestic)	1	2	2	12	2	4
Break and Enter - Dwelling	0	1	0	3	3	2
Break and Enter - Commercial	1	1	0	10	1	1
Break and Enter - Other Premises	0	0	0	6	0	2
Theft of Vehicle	2	0	2	11	10	12
Theft from Vehicle	18	0	3	63	8	18
<b>Totals</b>	<b>28</b>	<b>5</b>	<b>10</b>	<b>123</b>	<b>34</b>	<b>50</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	Aug 2023	Jul 2023	Jun 2023	May 2023	Apr 2023	Mar 2023	Feb 2023	Jan 2022	Dec 2022	Nov 2022	Oct 2022	Sep 2022	12 Months 2022
<b>1. Roxboro</b>	1	2	0	0	0	0	0	1	0	0	0	0	4
<b>2. Mayfair</b>	0	0	1	0	1	0	1	0	0	0	1	1	5
<b>3. Wolf Willow</b>	0	0	0	0	0	0	1	0	1	0	3	1	6
<b>4. Belmont</b>	0	2	0	0	0	0	2	0	2	0	0	0	6
<b>5. Bonavista Downs</b>	1	1	0	0	2	0	0	1	1	0	0	1	7
<b>6. Bel-Aire</b>	0	1	0	0	1	1	2	0	0	0	1	1	7
<b>7. Diamond Cove</b>	0	1	1	0	0	1	0	0	1	1	2	0	7
<b>8. Rideau Park</b>	0	0	0	0	0	1	0	2	0	3	2	1	9
<b>9. Garrison Green</b>	1	2	1	1	0	0	0	1	0	0	4	0	10
<b>10. Point McKav</b>	0	1	0	1	4	0	2	0	1	2	0	0	11
<b>11. Bayview</b>	0	1	1	1	0	0	0	1	3	1	1	2	11

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



### Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

#### What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

#### Here are seven ways to break free from a trauma bond:

**Educate Yourself** – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

**Zero Contact** – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

**Examine the Evidence** – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

**Practice Self-Compassion** – don't blame yourself. This was not your fault. You are not stupid.

**Personal Affirmations** – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

**Mindfulness** – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

**Professional Help** – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

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**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 | 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.

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**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. Save money, smile, be happy!

**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.

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

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RE/MAX HOUSE OF REAL ESTATE

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

Location, Location! Amazing oversized lot in a quiet cul-de-sac backing 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.



**1827 Bay Shore Road SW | \$1,069,900**

Wall-to-wall comfort! Your family will love living in this 4 bedroom Bayview home. Just steps to the pathway leading to North Glenmore Park. Meticulously maintained and a garden like one out of a magazine. Nothing to do but move in!

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

		SINGLE FAMILY HOMES	PRICE	CONDOS	PRICE
BAYVIEW	Active	0	—	0	—
	Sold	3	low \$1,070,000 – low \$2,300,000	2	low \$1,200,000 – mid \$1,250,000
PUMP HILL	Active	3	\$1,700,000 – \$1,849,000	0	—
	Sold	1	low \$820,000s	0	—
PALLISER	Active	0	—	4	\$375,000 – \$648,000
	Sold	2	high \$540,000s – mid \$710,000s	2	high \$360,000s – mid \$390,000s

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



**Boost your confidence.  
Show off a radiant smile!**

**FREE teeth whitening with a full exam and cleaning!**

*Some restrictions may apply.*

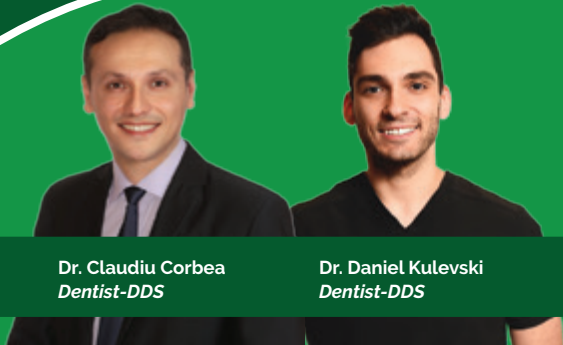
**CALL TODAY ☎ 403-475-9800**

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*Dentist-DDS*

**Dr. Daniel Kulevski**  
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Monday 7:30 AM to 3:30 PM  
Tuesday 7:30 AM to 7 PM  
Wednesday 7:30 AM to 7 PM  
Thursday 7:30 AM to 3:30 PM  
Friday 7:30 AM to 3 PM  
Saturday\* 9 AM to 3 PM  
Sunday CLOSED

\*Open two Saturdays per month

Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

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