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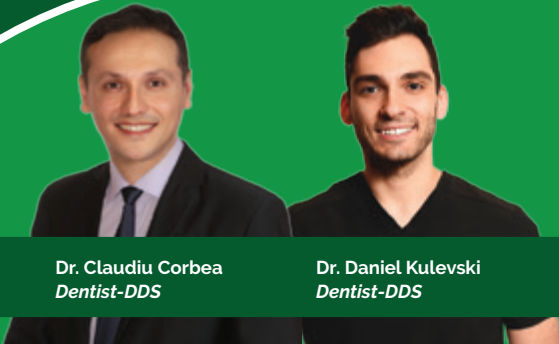
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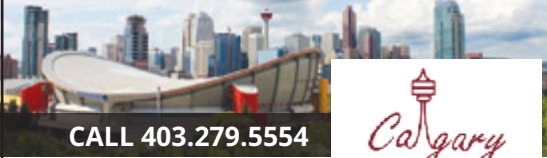


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PALLISER



BAYVIEW



PUMP HILL



Nature's Philosophy

by Victor Timmons



Nocturnal birds in sibilant causerie

Forest creatures in distant revelry

While nature's blanket dims their rivalry

And stills the air to peaceful reverie

How brief is this tranquillity

As hostile meetings in darkened shrubbery

Remind, if only momentarily

That man alone enjoys in camaraderie



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See 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

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 Pumhill 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

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A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.



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Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	8	7	\$665,000	\$644,000
July	23	4	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
September	22	5	4	\$317,250	\$310,000

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
August	23	2	2	\$1,004,000	\$986,500
July	23	2	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
September	22	1	0	\$0	\$0

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

Palliser Crime Activity was Down in July 2023

The Palliser community experienced 2 crimes in July 2023, in comparison to 5 crimes the previous month, and 1 crime in July one year ago. Palliser experiences an average of 3.8 crimes per month. On an annual basis, Palliser experienced a total of 46 crimes as of July 2023, which is up 21% in comparison to 38 crimes as of July 2022. To review the full Palliser Crime report visit pall.mycalgary.com.



Bayview Crime Activity was Unchanged in July 2023

The Bayview community experienced 1 crime in July 2023, in comparison to 1 crime the previous month, and 3 crimes in July one year ago. Bayview experiences an average of 0.8 crimes per month. On an annual basis, Bayview experienced a total of 10 crimes as of July 2023, which is down 44% in comparison to 18 crimes as of July 2022. To review the full Bayview Crime report visit bayv.mycalgary.com.

Pumphill Crime Activity was Down in July 2023

The Pumphill community experienced 1 crime in July 2023, in comparison to 2 crimes the previous month, and 0 crimes in July one year ago. Pumphill experiences an average of 1.5 crimes per month. On an annual basis, Pumphill experienced a total of 18 crimes as of July 2023, which is up 13% in comparison to 16 crimes as of July 2022. To review the full Pumphill Crime report visit pump.mycalgary.com.

How To Report Crime In Palliser | Bayview | Pumphill: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



Eat to Lower Your Risk of Diabetes

from Alberta Health Services

Diabetes is when your body cannot properly use and store the sugars broken down from food. This can lead to high blood sugar. There are many treatments available, including medication, physical activity, and healthy eating. Making healthy food and lifestyle choices may help lower your diabetes risk. It may also help you manage diabetes if you already have it.

- Eat regularly to keep energized throughout the day. It can be helpful to eat earlier in the day.
- Eat a variety of vegetables each day. It may lower your risk of getting diabetes or heart disease.
- Try filling half your plate with a variety of vegetables at every meal.
- Snack on carrots or celery sticks.
- Use spinach as a topper on your pizza.
- Add vegetables to your sauces. Try adding bell peppers to your marinara sauce, and zucchini strips to your pasta noodles.
- Include at least two types of vegetables at each meal. Try a Mediterranean Salad with Cheese recipe. It is full of vegetables, fibre, protein, and unsaturated fats.
- Try eating different coloured fruits and vegetables every day.
- Make water your drink of choice and limit sugar-sweetened drinks. The added sugars in drinks such as pop can add extra calories. Extra calories over time may increase risk of obesity, which can increase your risk of chronic diseases including diabetes.
- Choose a diet or sugar-free option instead of regular pop.
- Choose sparkling water instead of regular pop.
- Fill a bottle with water and carry it with you so you get in the habit of choosing water to drink.

Making healthy food choices can lead to long-term health. Start with making small changes. For more tips on how to make healthy eating a habit, call Health Link at 811 to speak with a dietitian.

FRIENDS Fish Creek

Show Your Love for Fish Creek This October!

The Friends of Fish Creek invite you to take part in our 4th Annual 'I Love Fish Creek' online fundraiser! The Friends is a registered charity based in Fish Creek Provincial Park and we rely on donations, memberships, program fees, sponsorships, and fundraising efforts to support our work in this park. The 'I Love Fish Creek' fundraiser will take place from October 1 to 31, and we invite you to show your support for Fish Creek by participating in this unique campaign. We have a variety of exciting ways for you to get involved this month including a silent auction and 50/50 raffle!

Pick up your I Love Fish Creek 50/50 raffle tickets for a chance to win as much as \$10,000! You can feel comfortable making a wager knowing that your contribution will be used right here in Fish Creek Provincial Park. Check out our online silent auction to bid on a wide variety of items like gift certificates, health and beauty products, household goods and services, and much more! You can also donate any amount and receive a valuable tax receipt. Even a modest contribution would go a long way in helping us to reach our goal of \$20,000. Please support Fish Creek Provincial Park through this fundraiser and help ensure that future generations can enjoy this park as much as we do today, and long into the future.

Whether you show your support by donating, bidding on silent auction items, or purchasing raffle tickets, you can be sure that your contribution will be used effectively and efficiently right here in Fish Creek Provincial Park. For more information, please visit <https://friendsoffishcreek.org/programs/love>.

Volunteers Needed – Park Restoration and Willow Harvesting

Would you like to volunteer to support Fish Creek Provincial Park this month? The Friends need volunteers to help with our restoration and conservation projects. Work with the Friends as we gather live willow cuttings to be planted at restoration sites in the park. We are also looking for volunteers to take part in riparian

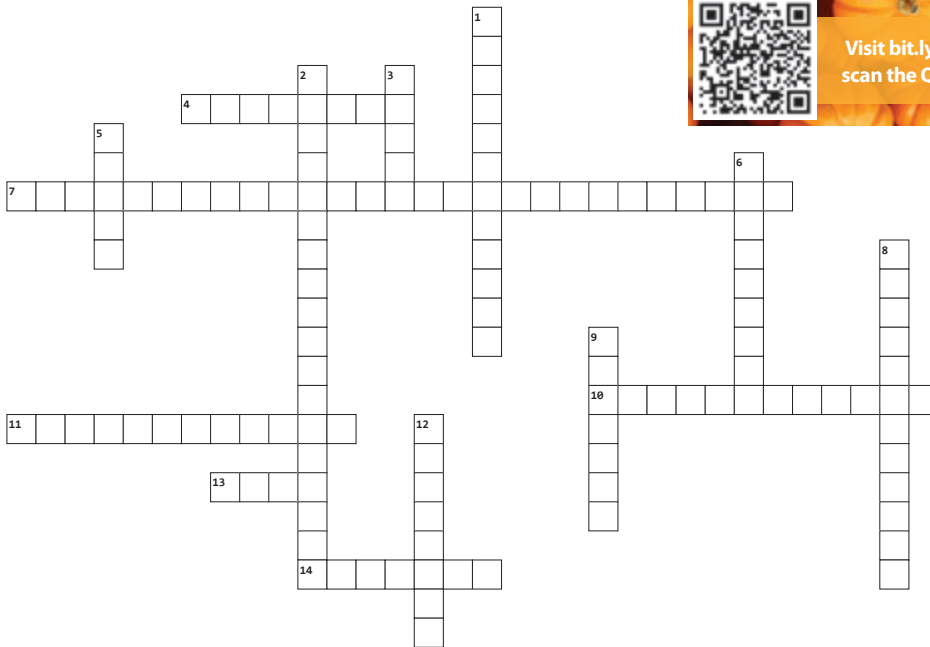


restoration projects, which will involve constructing restoration site fencing, planting vegetation in the newly fenced area, and watering newly planted vegetation. To sign up or for more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.

Fish Creek Ambassadors Needed – Bow Valley Ranch Visitor Centre

Do you enjoy speaking with people and sharing your knowledge about Fish Creek Provincial Park? The Friends need volunteers to help with the Fish Creek Ambassador program at the Bow Valley Ranch. This is an indoor administrative volunteer role, volunteers work in pairs, each shift is about 3.5 hours, and all training will be provided. Fish Creek Ambassadors assist park visitors and collect information that will allow us to better understand how the Visitor Centre is being used and how often. Please consider volunteering as a Fish Creek Ambassador to help support the Fish Creek Provincial Park, community members, and even visitors from afar. For more information about the Fish Creek Ambassador program, please contact Kumiko Kamiike, Visitor Services Coordinator, at kumiko@friendsoffishcreek.org.

October Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.

Community Crime Beat: July 2023 Year-to-Date

by John Kipp

For the Year 2023	Palliser	Bayview Including Glenmore Landing	Pump Hill	Haysboro	Oakridge	Braeside
Assault (Non-domestic)	5	1	2	8	1	4
Commercial Robbery	0	0	0	0	1	0
Street Robbery	0	0	0	3	1	1
Violence 'Other' (Non-domestic)	1	1	0	4	0	1
Break and Enter - Dwelling	0	2	2	5	6	2
Break and Enter - Commercial	1	1	0	24	4	1
Break and Enter - Other Premises	0	0	0	9	0	2
Theft of Vehicle	3	0	1	6	6	11
Theft from Vehicle	18	0	3	58	7	15
Totals	28	5	8	117	26	37

Source: Calgary Police statistical reports

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

by MyCalgary

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

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Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

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

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FOR THE SOLUTION



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		Listed	Sold	Listed	Sold
August	23	0	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
September	22	2	1	\$1,089,900	\$1,025,000

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

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60 Palis Way SW | \$784,900

Get the kids off to the right start & move to Palliser. This unique 4 level split is located on an excellent quiet street. Fully developed with many upgrades over the years. Two upper balconies, oversized rear dbl garage + single attached. 4 bdrms.



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

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#5, 68 Baycrest Place SW | \$1,299,900



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Palliser Bayview Pumhill Real Estate Activity for August 2023

		SINGLE FAMILY HOMES	PRICE	CONDOS	PRICE
BAYVIEW	Active	1 (C/S)	\$1,069,900	1 (C/S)	\$1,200,000
	Sold	0	—	1	mid \$1,200,000s
PUMP HILL	Active	4	\$784,900 - \$1,895,000	0	—
	Sold	0	—	0	—
PALLISER	Active	2	\$784,900 - \$849,900	1	\$648,000
	Sold	1	mid \$540,000s	2	low \$360,000s – high \$390,000s

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We are pleased to announce that **Ms. Gabriela Alvarado-Torres**
will be joining 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.

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

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Denturist, Denture Specialist