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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

2023 PBPCA Board of Directors

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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

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans, which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR
CODE FOR THE
ANSWERS!

Communities for Glenmore Landing Preservation (CGLP) Committee is Formed!

by John Kipp

On June 26, roughly 40 residents attended an introductory meeting at the PBP centre to discuss the formation of a committee to represent the residents in the ongoing re-development of the Glenmore Landing shopping centre by RioCan. The meeting was set-up by Susan Russell and the PBPCA to connect residents who wish to come together to have an impact. Whether it's issues of egress, access, congestion, traffic, construction, etc., the PBPCA felt strongly that they should help facilitate community members' ability to reach out and share their concerns as a single entity.

A second meeting of the CGLP was held on July 5 with nine core members attending and several others expressing regrets due to previous vacation plans. Alexia Minton, one of the committee members said, "We do not have a chairman yet, but we have some very productive members," pointing to the construction of a Facebook page and ongoing work to build a website, and develop the committee's brand and purpose within the PBP and neighbouring communities.

Those wishing to join or support the committee can reach Alexia Minton at alexiaminton@gmail.com.



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.

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PBPCA Hall Rentals

2323 Palliser Drive SW - 403.281.1908
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

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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

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!

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SAY PRUNES!



It's common to be told to "say cheese" when posing for a photo as it helps you smile. Interestingly, smiling in photos wasn't always customary. In the 19th century, smiling was considered childish.

People were instead told to "say prunes" as it helped to keep their mouths taut.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
August	22	0	2	\$2,135,000	\$2,076,000

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

Palliser Crime Activity was Up in June 2023

The Palliser community experienced 5 crimes in June 2023, in comparison to 2 crimes the previous month, and 5 crimes in June one year ago. Palliser experiences an average of 3.8 crimes per month. On an annual basis, Palliser experienced a total of 45 crimes as of June 2023, which is up 22% in comparison to 37 crimes as of June 2022. To review the full Palliser Crime report visit pall.mycalgary.com.



Bayview Crime Activity was Up in June 2023

The Bayview community experienced 1 crime in June 2023, in comparison to 0 crimes the previous month, and 2 crimes in June one year ago. Bayview experiences an average of 1.0 crime per month. On an annual basis, Bayview experienced a total of 12 crimes as of June 2023, which is down 25% in comparison to 16 crimes as of June 2022. To review the full Bayview Crime report visit bayv.mycalgary.com.

Pumphill Crime Activity was Up in June 2023

The Pumphill community experienced 2 crimes in June 2023, in comparison to 0 crimes the previous month, and 4 crimes in June one year ago. Pumphill experiences an average of 1.4 crimes per month. On an annual basis, Pumphill experienced a total of 17 crimes as of June 2023, which is down 11% in comparison to 19 crimes as of June 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.



Dementia Advice Line Connects Albertans to Care

from Alberta Health Services



Individuals living with dementia, and their caregivers, can now be connected directly to a specialized dementia nurse through Health Link 811 as part of

changes to the dementia advice line. This will better connect caregivers and those with dementia, including Alzheimer's, to timely advice and care.

Between 8:00 am and 8:00 pm daily, Albertans can call Health Link at 811 and press the option to speak to a nurse specializing in dementia. They will answer your call, go through an assessment, and provide advice and resources for your immediate concerns. Previously, callers needed to speak to a Health Link nurse, get a referral, and then receive a response within 72 hours from a dementia nurse.

After hours, Health Link staff will assess your needs and provide advice for your immediate concerns. When needed, you will be referred to a specialized dementia nurse for additional advice.

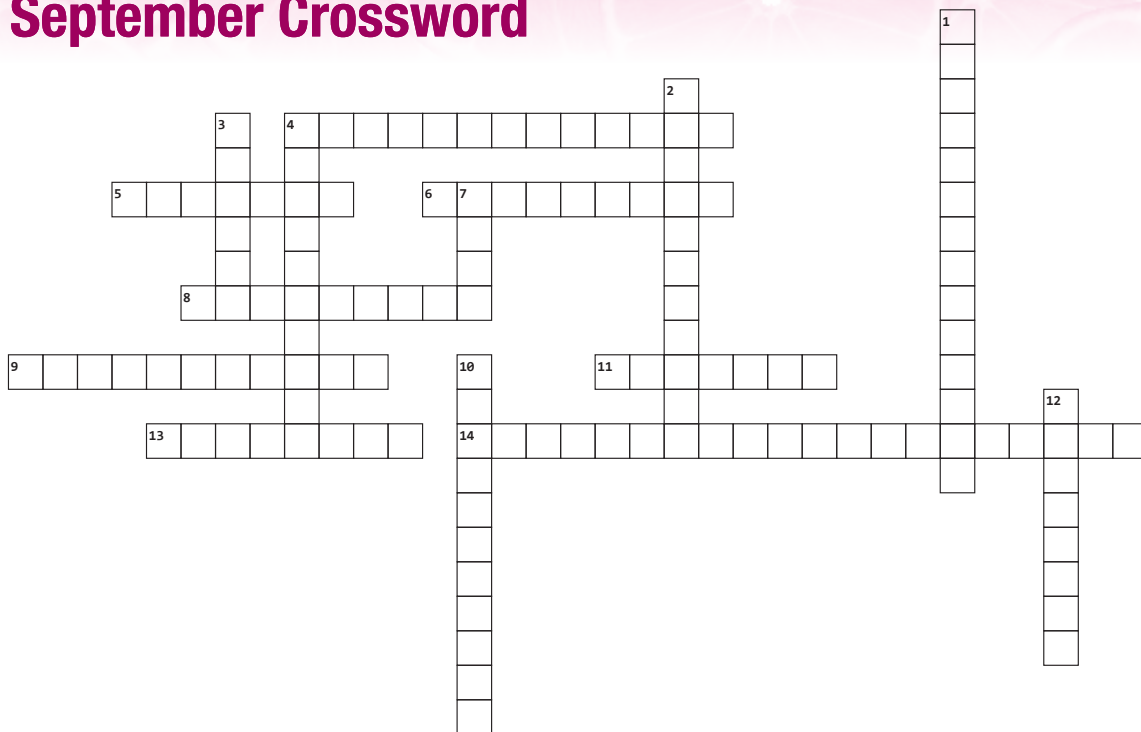
The dementia nurse, who has extensive training and experience in seniors' health, will be able to provide an in-depth assessment to gain an understanding of each situation. The dementia nurse will provide support and advice to patients and caregivers and can connect callers to services available in their community.

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment, and the ability to carry out daily activities.

The number of dementia cases is expected to more than double in Alberta as the baby boom generation moves into older age. By 2038, it is estimated that about one in 10 Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

For more information, call 811 or visit our website.

September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



**SCAN THE QR CODE
FOR THE ANSWER KEY**

Word of the Month

Metanoia: *noun* (met-uh-noi-uh)

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”

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

PALLISER

BAYVIEW

PUMP HILL



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



Pumphill Real Estate Update

Last 12 Months Pumphill

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2023	\$0	\$0
June 2023	\$1,998,000	\$1,818,888
May 2023	\$1,150,000	\$1,100,000
April 2023	\$1,099,000	\$1,075,500
March 2023	\$1,200,000	\$1,195,000
February 2023	\$1,075,000	\$1,080,000
January 2023	\$0	\$0
December 2022	\$0	\$0
November 2022	\$849,450	\$825,000
October 2022	\$629,900	\$635,000
September 2022	\$0	\$0
August 2022	\$2,023,400	\$1,867,500

Last 12 Months Pumphill

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2023	2	0
June 2023	3	3
May 2023	2	5
April 2023	3	2
March 2023	5	1
February 2023	1	1
January 2023	0	0
December 2022	0	0
November 2022	1	2
October 2022	1	1
September 2022	1	0
August 2022	2	2

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



Bayview Real Estate Update

Last 12 Months Bayview

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2023	\$0	\$0
June 2023	\$0	\$0
May 2023	\$1,995,000	\$1,850,000
April 2023	\$1,650,000	\$1,650,000
March 2023	\$1,298,880	\$1,250,000
February 2023	\$1,649,900	\$1,585,000
January 2023	\$0	\$0
December 2022	\$1,149,000	\$1,107,500
November 2022	\$0	\$0
October 2022	\$650,000	\$636,500
September 2022	\$1,089,900	\$1,025,000
August 2022	\$2,135,000	\$2,076,000

Last 12 Months Bayview

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2023	0	0
June 2023	1	0
May 2023	0	3
April 2023	1	1
March 2023	1	1
February 2023	2	1
January 2023	2	0
December 2022	0	1
November 2022	1	0
October 2022	0	1
September 2022	2	1
August 2022	0	2

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

Palliser Real Estate Update

Last 12 Months Palliser

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2023	\$324,450	\$353,750
June 2023	\$412,400	\$394,500
May 2023	\$687,950	\$688,750
April 2023	\$324,950	\$348,500
March 2023	\$399,900	\$400,000
February 2023	\$506,950	\$495,000
January 2023	\$309,900	\$310,400
December 2022	\$379,450	\$356,375
November 2022	\$444,000	\$435,500
October 2022	\$579,900	\$566,500
September 2022	\$317,250	\$310,000
August 2022	\$321,950	\$322,500

Last 12 Months Palliser

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2023	4	2
June 2023	11	10
May 2023	5	10
April 2023	6	4
March 2023	9	9
February 2023	5	2
January 2023	5	5
December 2022	3	6
November 2022	4	2
October 2022	5	6
September 2022	5	4
August 2022	5	6

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PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
August	22	5	6	\$321,950	\$322,500

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
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
August	22	2	2	\$2,023,400	\$1,867,500

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

Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

Specific – What exactly would you like to do? What is your aim?

Measurable – How will you know if you are moving towards your goal? What will you see?

Achievable – Can you act to reach your goal? Is it something you can do?

Relevant – Does this goal have meaning for you?

Time – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

Attitude – Being positive, hopeful, and grateful or seeing the good.

Physical Health – Being active, eating healthy food, sleeping, and drinking water.

Relationships – Spending more time with family and friends.

Public Service – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!

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		SINGLE FAMILY HOMES	PRICE	CONDOS	PRICE
BAYVIEW	Active	0	—	1	\$1,299,900
	Sold	0	—	0	—
PUMP HILL	Active	3	\$898,000 - \$1,995,000	0	—
	Sold	0	—	0	—
PALLISER	Active	1	\$799,900	2	\$449,000 - \$648,000
	Pending	2	\$569,900 - \$665,000	0	—
	Sold	0	—	2	\$330,000 - \$377,500

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