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		Listed	Sold	Listed	Sold
January	24	0	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	0	0	\$0	\$0
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

To view more detailed information that comprise the above
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BAYVIEW



PUMP HILL



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Concerned about Blanket Rezoning? Now is the Time to Have Your Say!

Calgary City Council is considering blanket rezoning as a response to the current housing crisis.

Use the City's interactive address map to understand how this will affect homes in your area: Rezoning for Housing (calgary.ca).

A full Public Hearing regarding Blanket Rezoning will be held on April 22 in Calgary City Hall Council Chambers. There will be an opportunity for each and every community member to voice their opinion to the council through public appearance, phone call, or written communication. Don't let your five minutes go to waste, this is the chance for you to have your say!

Mark Your Calendars:

Monday April 22, 9:30 am

Municipal Building, Council Chambers

Protecting Our Glenmore Reservoir

by Elmer Phalange

The Elbow River flows from the Rocky Mountains that we see to our west, into our Glenmore Reservoir water supply, where it enters the city. Construction of the Glenmore Reservoir was completed in 1932. Its pathway system attracts cyclists, joggers, and walkers, providing stunning views of the surrounding landscapes. With the number of people using the pathways, rules have been developed to prevent collisions between cyclists and pedestrians.

As other cities grapple with water quality challenges, Calgary is known for the exceptional quality of our drinking water, which is comparable to some of the best in the world. To maintain this quality, our city has consistently invested in upgrading and maintaining its water infrastructure, including replacement of aging pipes and using modern technologies in water treatment. Calgary has historically engaged the community in water conservation and quality preservation efforts, with education to inform residents about the importance of responsible water usage and the impact of pollutants on water quality.

Protecting city drinking water reservoirs from e-coli contamination originating from dog faeces is important. Remnants of faeces can be carried into the reservoir by way of rain and meltwater. To minimize that risk, we educate dog owners to collect the faeces and deposit it in waste containers that can be found alongside the public paths near the reservoir.

It is also important to know and consider geological conditions in the surrounding sedimentary rock, that influence the water table and thereby affect the reservoir. Some sediments act as natural filters. An impervious layer, such as clay or bedrock, can preserve the water table by acting as a barrier that prevents water from easily migrating down through the ground. Deep excavation nearby can potentially disturb or penetrate an impervious layer and pose hydrological and geological risks of altering the local water table, leading to changes in groundwater flow patterns that may impact a reservoir's stability and water quality. There is no exemption from the requirement of Water Act approval for excavations (such as those needed for a high-rise building) that that go below the water table.

For these reasons, it would seem crucial to have the necessary environmental impact assessments and hydrogeological studies before any decisions that lead to sale of land near the reservoir for intended rezoning, construction and approvals that substantially increases the number of people and dogs on the reservoir paths - or involves excavation nearby that could affect the water table. Disclosure of that information to the public, and the opportunity for them to get expert advice and provide informed response before any such decisions, is essential to meaningful public engagement and responsible government.



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Palliser Bayview Pumhill Community Association Hall Rentals

2323 Palliser Drive SW

Please visit our website to view our live calendar or send a rental request to Pbpcam@community.ca and our Facility Coordinator would be happy to help!

Our community Association can accommodate up to 60 guests for seated functions or 75 standing. Our hall is 1040 sqft and is great for events like birthday parties, baby showers, Anniversary parties, workshops/seminars, also great for children's groups such as arts shows and much more!

The main Hall includes 60 chairs and 12 tables (6' x 2.5'). Our kitchen is not commercial but holds a stove, fridge, microwave, sink, and coffee makers. We do have free Wi-Fi. We also have a few extra perks that can be included for an extra fee such as: screen, projector, small speaker system, Propane BBQ, and Master Chef outdoor grill.

Our Rental Rates Are as Follows:

Hourly - Weekend (Fridays through Sunday) \$55 per hour, minimum three hours with a \$35 mandatory cleaning fee.

Half Day Rental - Weekends (Friday through Sunday)
Half Day Rental (2:00 pm to 1:00 am) \$350 with a \$50 mandatory cleaning fee.

Full Day Rental -Weekend (Friday through Sunday)
All-day Rental (6:00 am to 1:00 am) is \$500 with a \$50 mandatory cleaning fee.

Weekday Hourly Rentals - (Mondays to Thursdays)
\$45 per hour, minimum two hours with a \$35 mandatory cleaning fee.

The board room is 375 sqft and is perfect for all types of meetings or a fun movie night out, featuring our 82" High-Def Smart TV with Yamaha Sound System (Wi-Fi Connected)

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*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.

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Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



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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 ☐ 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!

Squirrels In Our Neighbourhoods

by Chewbacca Jones

National Squirrel Appreciation Day was celebrated in Calgary on January 21, 2024, as it is on that day every year, in the U.S. Who knew?



The smaller, more aggressive American red squirrels were the first to live here. We see them chasing each other, scolding us, and trying to find a way into our attics. They are eaten by hawks, bobcats, and other predators. Only about 25% live to reproductive age but they can live as long as seven years in the wild.

All of the grey and black tree squirrels that we see here are Eastern Grey Squirrels, whose ancestors made their way from eastern North America. Here, we see their gymnastic ability, as they run on power lines or figure out how to get at our bird feeders. They have always played an important role in our forests because of their practice of burying pinecones and other tree seeds, to eat during winter. Many are forgotten and germinate. In the wild, they have a 25% chance of surviving a year and then a 50% chance of living each additional year. While an average life span may be six to eight years, some have lived twice that long or longer.

A squirrel's front teeth (incisors) grow throughout its life, so they always stay sharp and never get worn down from all the chewing on hard food.



SAFE AND SOUND

Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.

PRESIDENT'S MESSAGE

We are all aware of the housing crisis facing our city, with the number of people moving here. Despite the increasing cost to buy or rent a home, it seems more affordable than Vancouver and Toronto. Finding the right way to provide affordable or subsidized housing is a serious challenge. We must be careful so as not to experience the extent of problems with homelessness that cities like Vancouver and Portland, Oregon have had. If and where high-rise residential developments are permitted, we must ensure that they are wisely located and have the desired effect of producing more affordable housing. As with other densification measures, thought must be given to the number of vehicles being added to local traffic, preserving local parks and green space and (in a world that is getting warmer) protecting our water supplies, that will have to support the growing population.

Just a few years ago, who expected that we would be in this predicament? During our last mayoralty debate, our current mayor denied that the City was selling parkland and trying to increase property tax revenue, calling such allegations lies.

Even before the recent influx of immigrants to Calgary, we were seeing serious problems with homelessness, aggravated by drug addiction/overdose/poisoning, which increased demand on our EMS and Police services. With people using homeless shelters also having access to our rapid transit system, they were appearing in increasing numbers in and within easy walking distance of LRT stations. Our police service is now hiring 50 more officers and trying to integrate with transit safety and social services in dealing with the increased demand on these systems.

People do have freedom to move from place to place in Canada. While it is a big country, our many newcomers are not required to reside in smaller communities and they do migrate to our cities, which aggravates the housing, homelessness, policing, and social problems.

We now have our ever growing and more expensive City administration (with endorsement by many city councillors) advocating for zoning changes to increase densification, with high rise residential development to accommodate low-cost housing - and increased use of rapid transit in established neighbourhoods, where people had already bought homes because of the nearby space and local amenities.

The process is fuelled with reports by professional people with arguments to support those who would profit from the rezoning.

It seems that the same people at the City, who advocate for widespread rezoning, think that the opinions of residents of the affected neighbourhoods - which include many professional people with an understanding of the process and the concerns of their communities - should not make them more careful to have and share with the public the information necessary to make important decisions concerning these matters.

If the City succeeds in getting all these high rises built, without having to provide new roads, think of all the extra property tax revenue it will have, to support its growing number of employees and their pensions, while homeowners nearby suffer the consequences. What is not to like, eh? What could go wrong?

There is an organization, funded with our property tax dollars, called the Federation of Calgary Communities (the FCC) which, lately, wants to be able to say that it speaks for the Community Associations (CAs) in respect of planning matters. It is a problem if the FCC wants to remain neutral (which would help proponents of rezoning in our communities get what they want) when that does not represent the wishes of the people living in our communities.

We have already seen an increase in door-to-door scammers and thieves looking to gain access to homes. Neighbours of mine just had a bold break-in at their home, in the middle of the night - while they and their kids were in their beds, sleeping.

We live in a democracy. The need to provide more housing should not mean that our elected officials can band together to change the rules or try to dupe Calgarians and their CAs out of advocating for their rights and interests, while ignoring or seeking to minimize the concerns of the people who elected them. This is a time when we should be supporting our local CAs, which have a unique role in responding to development proposals that affect people in their communities. There are points within the development process where the City will only consider input from CAs.

The City's website confirms that, according to City guidelines, CAs are expected to both "promote the protection of their community's natural resources and beauty" and "voice community concerns on issues affecting their community". Further, it confirms that a CA is expected to "provide information to residents through a newsletter and/or web presence and act as a unified voice on issues affecting the community, provide input into the planning and development process and foster good planning practices."

This is a time in our history when it is more important than ever that we make our concerns with development plans known to our CAs and help to support their efforts to advocate for us, given all the other things that they have traditionally done for our communities and need your help with.

A full Public Hearing regarding Blanket Rezoning will be held on April 22 in Calgary City Hall Council Chambers. Opportunity is offered for residents to provide opinion to the council through public appearance, phone call or written communication.

See <https://www.calgary.ca/council/meetings/public-hearing.html?redirect=/publichearing> for more information.

Harris Hanson



Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



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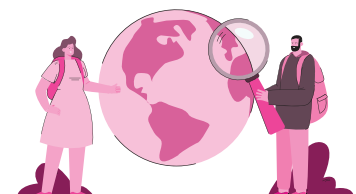
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GAMES & PUZZLES

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1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
January	24	7	8	\$394,450	\$401,250
December	23	4	3	\$725,000	\$745,000
November	23	6	2	\$432,450	\$441,650
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

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
January	24	3	3	\$1,275,000	\$1,185,000
December	23	1	1	\$624,900	\$685,000
November	23	0	0	\$0	\$0
October	23	3	2	\$1,624,450	\$1,602,500
September	23	0	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

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

Nellie McClung Elementary

Drive Thru Bottle Drive

Friday, March 1

8:00 am to 9:00 am
in support of Nellie
McClung Elementary

Bottle Drop-off:

- enter from the west entrance of the parking lot
- pull up to the volunteer station
- pop open your trunk and a volunteer will remove your bottles
- exit from the east exit

Upcoming Bottle Drives

- May 10
- June 14



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WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



Real-Life Fairy Tale



Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.

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Ten Tips for Dealing with Parental Estrangement

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.

3. Establish Healthy Boundaries: Clearly communicate and enforce boundaries that protect your emotional wellbeing.

4. Practice Self-Compassion: Be kind to yourself and avoid self-blame. Estrangement is a complex situation.

5. Focus On Personal Growth: Use the experience as an opportunity for self-discovery and personal development.

6. Journaling: Write down your thoughts and feelings to gain clarity and process your emotions.

7. Engage In Activities You Enjoy: Invest time in hobbies and activities that bring you joy and fulfilment.

8. Explore Forgiveness: Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.

9. Give It Time: Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.

10. Seek Professional Help: Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.

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Chloe, Somerset



Kiki, Dalhousie



Stormi, Deer Ridge

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Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.

Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.

Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

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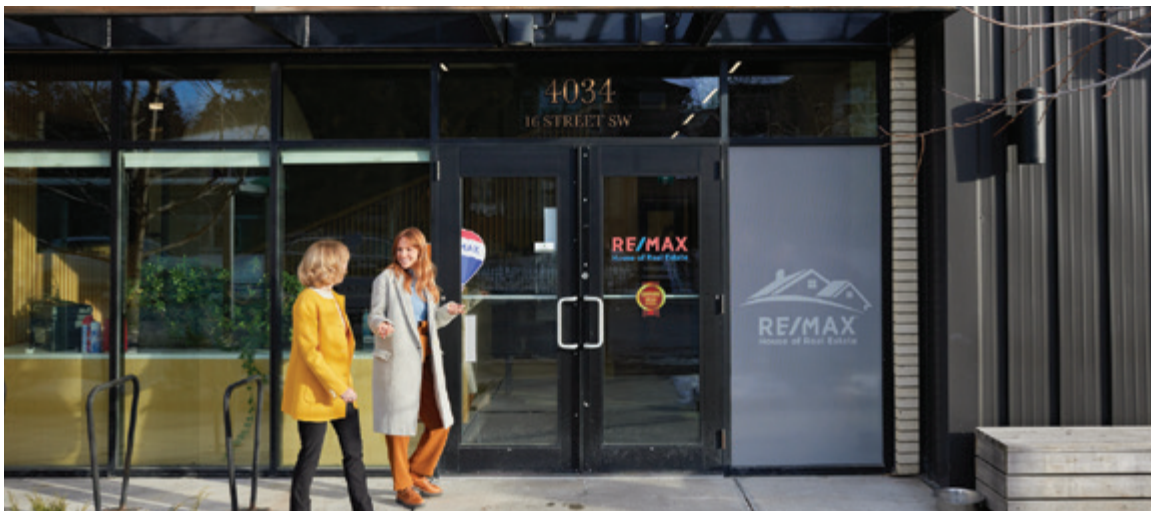


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