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- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
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TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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PRESIDENT'S MESSAGE

Kids have been back to school for a month. Thanks to global warming, we have had a warm September.

It would have been more enjoyable without the further water rationing but the repairs are needed.

Wishing you all a safe and Happy Halloween, whether kids are roaming the streets of our neighbourhoods, or going to events like Pumpkins after Dark or Screamfest.

Our planned meeting with the City, concerning Glenmore Landing did not proceed, due to inability to get copies of reports being relied on. We did manage to put in a written response to the most recent surprise circulation package from the City. In it, thousands more people are proposed to be at Glenmore Landing, in addition to the thousands initially proposed (also for which no rational justification with expert reports provided to us). A copy of our response will be available for you to read on our website at pbpccommunity.ca.

There was some local newspaper coverage of this surprise move by the City, in summer, when fewer people were expected to notice, read, or respond.

Unfortunately, it seemed to say that we were not happy with the increase in densification (which is true) but ignores that we were opposed the adding thousands of people to Glenmore Landing due to traffic, environmental and infrastructure concerns, and lack of disclosure to allow meaningful response - before the major water infrastructure failure.

Our thanks again to all of you for your continued commitment to democracy and protection of our rights, and especially for your contributions to support these things by contributing to the legal costs of the court proceeding.

Your further help with legal costs is needed and will be appreciated.

The PBPCA is a registered charity. Through our website, www.pbpccommunity.ca/donate/ you can follow the link and get an immediate tax receipt for your donation.

To save on processing fees, for donations of more than \$250, please note "Environmental and Planning Advocacy" on the cheque, payable to "Palliser Bayview Pumphill Community Association". Mail the cheque to the PBPCA at 2323 Palliser Drive SW, Calgary, Alberta, T2V 3S4, and the tax receipt will be mailed to you.

Harris Hanson

Communities for Glenmore Landing Preservation (CGLP)

Is Calgary on the verge of another water infrastructure crisis?

The City of Calgary has blindsided several Southwest communities with a massive change to the proposed redevelopment of the Glenmore Landing Shopping Centre at the intersection of 90 Avenue and 14 Street SW.

The updated plan was only made public on June 24. It now proposes 15 towers each 11 to 30 storeys high, with more than 3,000 residential units. The project would add more than 8,000 people living and working in approximately six hectares next to the Glenmore Reservoir. These changes represent a new project, yet there has not been public consultation or notice to the surrounding community associations. Previous public engagement was tightly controlled with the developer alone, not with the City.

Density Analysis	Initial Application	New Circulation Package
Number of Units	1,922	3,205
Intensity Analysis / People	2,667	7,049
People + Jobs	3,039	8,047

The area of the proposed development is steps away from one of Calgary's major water sources - the Glenmore Reservoir, a surface water reservoir. The affected communities have repeatedly requested to see any hydrogeological, environmental, or transportation studies associated with the project. None has been provided. How would the proposed six levels of underground parking affect the water table, water quality, and sewer systems? What will happen to the groundwater levels? Considering the recent water main break crisis, we must remind the City our drinking water and related infrastructure merit the highest standards of oversight.

Southwest Calgary residents are extremely concerned and frustrated after repeated requests for information from the City and Ward 11 Councillor Kourtney Penner, regarding this massive redevelopment.

PBP BOARD MEETINGS



PBP Board meetings are held the first Tuesday of each month at 7:00 pm (subject to change at any time). All members welcome to join. Please send a confirmation email before you come so that we can be sure to have time to address any questions or concerns.

Looking forward to seeing you!

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	3	4	\$1,312,500	\$1,246,500
July	24	0	0	\$0	\$0
June	24	1	0	\$0	\$0
May	24	3	3	\$1,499,900	\$1,510,000
April	24	2	1	\$1,549,900	\$1,702,000
March	24	0	0	\$0	\$0
February	24	0	0	\$0	\$0
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

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


2024 PBPCA Board of Directors



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pbpcam@pbpccommunity.ca 403-281-1908		

Scary, Spooky, Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



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PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	12	11	\$499,900	\$501,000
July	24	10	5	\$599,900	\$590,000
June	24	4	4	\$737,500	\$756,250
May	24	13	16	\$494,950	\$520,000
April	24	11	10	\$424,900	\$452,500
March	24	6	5	\$640,000	\$680,000
February	24	3	3	\$439,000	\$503,000
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

PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	24	1	2	\$1,469,444	\$1,355,000
July	24	1	2	\$1,199,000	\$1,169,000
June	24	4	2	\$1,349,450	\$1,346,513
May	24	4	4	\$1,149,950	\$1,212,500
April	24	4	3	\$950,000	\$950,000
March	24	2	0	\$0	\$0
February	24	1	2	\$974,500	\$965,000
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	2	2	\$1,624,450	\$1,602,500
September	23	0	1	\$784,900	\$811,600

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

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

Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

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- Saturday: 9:00am - 4:00pm
- Sunday: Closed

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One Year Membership: Household cost:
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JOIN THE PBCA HERE!

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

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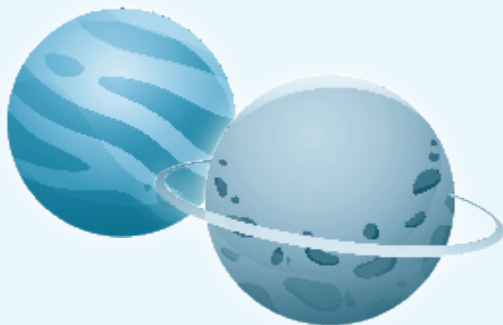
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The PBP community holds many successful functions each year thanks to the tremendous help of our volunteers. If you would like to become involved, please indicate below where you would be interested in volunteering:

Board Member Family Skate Days Garden Maintenance Casino

ICE GIANTS

Uranus and Neptune are two ice giants in our Solar System. Ice giants are planets that are made up of elements heavier than hydrogen and helium, they are also as the name suggests, giant. From what we know, the surfaces of these planets are mostly made up of liquids and gases, and do not have solid surfaces.



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Please visit our website to view our live calendar or send a rental request to www.calgary.ca/planning/projects/rezoning-for-housing.html?redirect=/rezoningforhousing 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)

Board Room Rentals

\$25 per hour no minimum, your rental time must include your set up and clean up or you can pay the optional \$35 fee for cleaners.



Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, 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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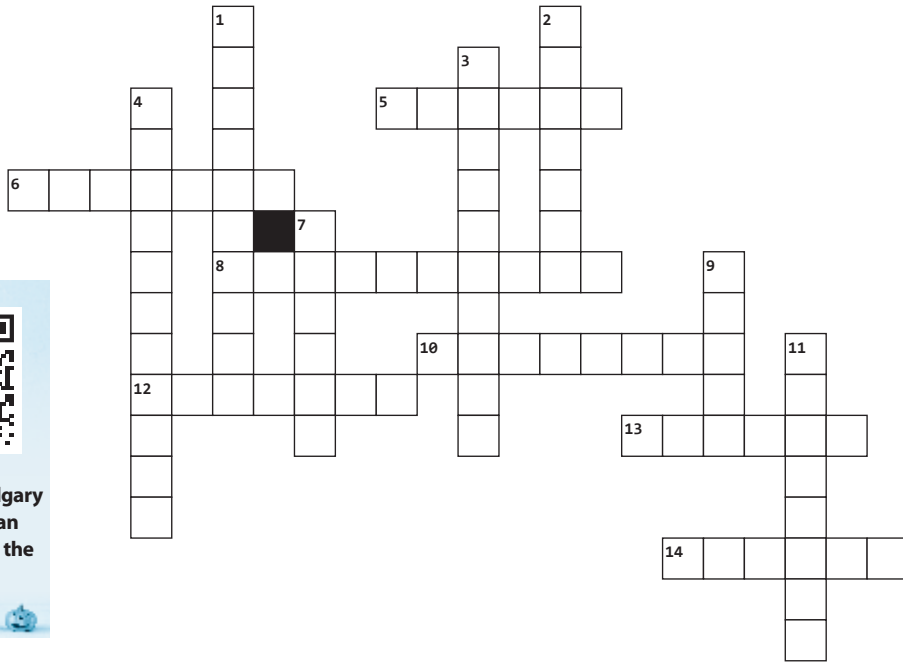


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October Crossword



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

Across

- Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
- In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
- Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
- The World Series, Major League _____'s annual championship series, starts on October 25 this year.
- Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
- Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
- Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

- American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
- Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
- On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
- This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
- Jack-O'-Lanterns were originally carved from this root vegetable.
- Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
- October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

Tips For Using Your Green Cart This Fall

by the City of Calgary Waste and Recycling Services

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit calgary.ca/collection to check your schedule and sign up for reminders.



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BRAIN GAMES SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION


Northern Flickers in Calgary

by Cole Aptes

The Northern Flicker (also known as the Common Flicker) is the most common species of woodpecker found in Calgary.



These birds are eleven to twelve inches long, weighing 3.9 to 5.6 oz and have a wingspan of sixteen to twenty inches.

They are a protected species under the Migratory Bird Convention Act. They go south for the winter.

They can be seen on the ground, eating beetles and ants. They use their long, curved beaks to dig for food and lick it up with their barbed tongues. In the forest, they live where there are good trees to nest in - usually dead or decaying trees - where an insect snack may be available nearby.

Their nesting period can last 27 days. Typically, they will have five to eight white eggs, in late May or early June, that hatch in eleven to thirteen days. These birds can live up to nine years.

People are not as happy to see them on their homes. They cause millions of dollars in damage to stucco in Alberta each year. They especially like stucco covered Styrofoam, where they can make a hole and nest inside.



Unlike other woodpeckers, they will reuse a nest they have made the year before or one made by another woodpecker.

Visual deterrents seem to work to keep them away. People have had success with plastic molds of their predators - owls or hawks. Pinwheels and shiny things also work. They will not peck at your siding if there are no bugs in it.

This is a reason to choose Hardy Board instead of ordinary wood siding.



When looking for a mate, Northern Flickers make a loud, evenly spaced drumming sound by hammering their beaks against trees or metal objects. In some places, this has earned them the name "Yellow Hammers".

Word of the Month



Flibbertigibbet:
noun (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

She was sitting next to a flibbertigibbet on the train ride to work.



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REMOVABLE:

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