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## PRESIDENT'S MESSAGE

Hope summer is going well. I'm writing this in July, and the hail is pounding down right now. Hope we have some flowers left by the time you read this!

One of the things that impacts our quality of life is the noise factor in our communities. From speeding traffic, construction, and trucks, to aircraft overflying our area; some noise can be controlled, and some cannot. I recently attended a community relations meeting held by YYC, the Calgary International Airport Authority. We have one of the busiest airports in the country and the air traffic has substantially increased in recent years and the flight paths on both takeoff and landing create a lot of noise. I've heard from lots of PBP people who are concerned with the numbers and volume of aircraft that fly over us from southwest to northeast on their landing approach, especially since the construction of the newest runway. The heaviest volume seems to be both early morning and late evening. Many of us bought our home when flight paths were not even close, that has definitely changed.

With YYC, the National Body, and Nav Canada each playing a part, air traffic patterns are changed according to population in areas under the flight path, weather conditions (wind mostly), and even construction in the area. YYC does pay attention and will put noise monitors in the areas where they receive the most complaints and take action where feasible. We're talking the numbers of people complaining here, not the number of complaints from one person, so talk to your neighbours and all get involved if you'd like to see some action. Search YYC noise concerns or go to YYC.com and follow the prompts to register your concerns.

Watch for more info coming soon — our MLA Nagwan Al-Guneid is hosting her annual Bike-a-Palooza on Sunday September 20 at Heritage Park. It's a non-partisan fun event.

Our PBPCA board meets next in September, and we look forward to another busy year. Email me anytime with comments, questions or concerns.

*Gill Basford*

[president@pbpccommunity.ca](mailto:president@pbpccommunity.ca)



## PBP BOARD MEETINGS



The next PBP Board meeting will take place in September.

Looking forward to seeing you!



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## VISION AND MISSION



### Vision

Palliser-Bayview-Pumphill is a welcoming community where safety, pleasant surroundings, and diversity inspire friendships among residents.

### Mission

One of our primary objectives is to create opportunities for connection amongst the residents of Palliser, Bayview, Pumphill. We do this by:

- Offering community run programs that bring neighbours together.
- Advocating for thoughtful, aesthetically appropriate, environmentally appropriate, and positive development.
- Preserving our communal and natural spaces to maintain the character and beauty of our community.
- Providing useful facilities that serves the diverse needs of all residents.
- Establishing and maintaining effective communications with our residents in-person and through both printed and digital media.
- Creating strong partnerships with all our stakeholders.
- Managing the business of our community association well, with transparency, accountability, and care.



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### Age-Friendly Calgary Essential Numbers for Seniors in Calgary

#### 9-1-1 Emergency (24-Hour)

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#### 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

#### 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services.  
[www.calgary.ca](http://www.calgary.ca).

#### 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services.  
[www.ab.211.ca](http://www.ab.211.ca).

Telephone language interpretation service available on all lines.

#### 403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

#### 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

#### 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

#### 403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

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

#### PALLISER



#### BAYVIEW



#### PUMP HILL



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# Mental Health Moment: Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

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|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| June      | 26 | 8          | 2    | \$619,950    | \$605,000 |
| May       | 26 | 4          | 4    | \$722,500    | \$709,000 |
| April     | 26 | 4          | 10   | \$397,450    | \$390,500 |
| March     | 26 | 8          | 2    | \$612,450    | \$592,500 |
| February  | 26 | 4          | 4    | \$494,900    | \$486,000 |
| January   | 26 | 5          | 2    | \$294,900    | \$282,500 |
| December  | 25 | 0          | 1    | \$539,987    | \$510,000 |
| November  | 25 | 1          | 0    | \$0          | \$0       |
| October   | 25 | 2          | 4    | \$612,450    | \$595,000 |
| September | 25 | 6          | 11   | \$412,000    | \$400,000 |
| August    | 25 | 8          | 7    | \$417,900    | \$412,500 |
| July      | 25 | 9          | 6    | \$525,000    | \$515,000 |

## PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

|           |    | Properties |      | Median Price |             |
|-----------|----|------------|------|--------------|-------------|
|           |    | Listed     | Sold | Listed       | Sold        |
| June      | 26 | 4          | 4    | \$1,250,000  | \$1,207,500 |
| May       | 26 | 0          | 2    | \$1,507,000  | \$1,432,500 |
| April     | 26 | 8          | 2    | \$1,327,500  | \$1,307,500 |
| March     | 26 | 3          | 0    | \$0          | \$0         |
| February  | 26 | 1          | 2    | \$1,774,950  | \$1,588,750 |
| January   | 26 | 1          | 1    | \$2,888,777  | \$2,600,000 |
| December  | 25 | 0          | 1    | \$1,449,999  | \$1,275,000 |
| November  | 25 | 1          | 2    | \$1,344,394  | \$1,388,750 |
| October   | 25 | 2          | 1    | \$1,699,900  | \$1,600,000 |
| September | 25 | 2          | 1    | \$1,750,000  | \$1,850,000 |
| August    | 25 | 4          | 2    | \$1,770,000  | \$1,746,750 |
| July      | 25 | 1          | 3    | \$1,425,000  | \$1,375,000 |

To view more detailed information that comprise the above  
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## Palliser – Bayview – Pumphill Community Association 2025 / 2026 Board of Directors

| COMMITTEE POSITION                  | NAME              | CONTACT                        |
|-------------------------------------|-------------------|--------------------------------|
| President                           | Gill Basford      | president@pbpccommunity.ca     |
| Vice President                      | Anna Kaufman      | vicepresident@pbpccommunity.ca |
| Secretary                           | Leslie Farrar     | secretary@pbpccommunity.ca     |
| Director, Civic Affairs             | Sushma Mahajan    |                                |
| Treasurer                           | Colin Crawford    | treasurer@pbpccommunity.ca     |
| Director, Membership and Activities | Norman Bunn       | pbpsocial@pbpccommunity.ca     |
| Director and Facilities             | Irwin Rajesky     |                                |
| Director                            | Jayda Rosenthal   |                                |
| Director                            | Mike Krayacich    |                                |
| Director                            | Derek Giles       |                                |
| Facility Coordinator/ Office Admin  | Jen Sherstabetoff | pbpcam@pbpccommunity.ca        |
| Community Resource Officer          | Cst. Neil Hewitt  | NHewitt@calgarypolice.ca       |
| Councillor, Ward 11                 | Rob Ward          | 403-268-2430                   |

**pbpcam@pbpccommunity.ca | 403-281-1908**

**Contact: Palliser – Bayview – Pumphill Community Association**

Community Association Address: 2323 Palliser Drive SW  
 Parking: Use west parking lot of Nellie McClung School  
 Phone: 403-281-1908  
 Hall/Boardroom Bookings: pbpcam@pbpccommunity.ca

For the latest news, programs, and events, please visit our official Community Association Website at [www.pbpccommunity.ca](http://www.pbpccommunity.ca).

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The popular phrase, "the dog days of summer," actually has nothing to do with pets!

It originated from the Greeks and Romans, who saw the rising of Sirius, the brightest star in the Canis Major constellation, and associated it with the growing heat.

# MEMBERSHIPS

Your annual membership is good through to the anniversary of your membership purchase and entitles you and your family to participate in a variety of different community programs and activities. The cost is only \$25 annually per family/household or \$10 for 55+/household.

## Palliser – Bayview – Pumphill Community Association Membership Application 2025-26

Family Name(s): \_\_\_\_\_

First Name – Adults: 1. \_\_\_\_\_ 2. \_\_\_\_\_

First Name – Children: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell 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 are interested in volunteering for:

☐ Board Member

☐ Facilities/Ice Rink

☐ Family Skate Days

☐ Casino

☐ Communications/Newsletter

☐ Garden Maintenance

☐ Seniors' Programs

☐ Membership Drive

☐ Fundraising

☐ Social Activities

☐ Facilities Repair & Maintenance

☐ Community Cleanup Day



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Send cheques payable to Palliser – Bayview – Pumphill Community Association  
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# Accidental Poisoning

by Emergency Health Services



Emergency Health Services (EHS) paramedics would like to remind parents and caregivers of precautions they can take to help prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter medication is a frequent cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher/laundry tablets, mouthwash, chemicals such as paints/solvents, cleaning products, and button batteries.

### Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications and button batteries are kept.

### Safety tips

- Child-resistant medication bottles are not necessarily child-proof. They can still be opened by a child.

- Take extra precautions with medicines designed to appeal to children such as chewable vitamins or flavoured cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even a small amount can cause serious illness if ingested.

Find poisoning information by calling the Poison and Drug Information Service (PADIS) at 1-800-332-1414.

### In Case of a Poisoning Emergency, Call 9-1-1

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EHS paramedics to inspect on their arrival.

**EMILY SUDERMANN**

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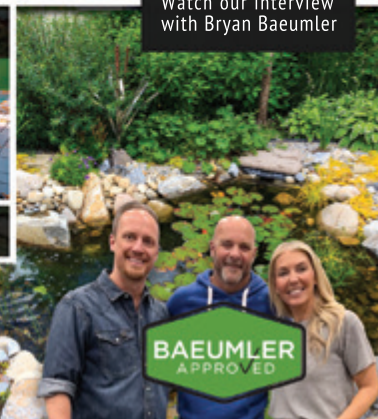
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\*Terms and Conditions Apply.

|           |    | Properties |      | Median Price |             |
|-----------|----|------------|------|--------------|-------------|
|           |    | Listed     | Sold | Listed       | Sold        |
| June      | 26 | 1          | 1    | \$1,899,900  | \$1,940,000 |
| May       | 26 | 2          | 2    | \$1,449,950  | \$1,462,500 |
| April     | 26 | 0          | 0    | \$0          | \$0         |
| March     | 26 | 2          | 2    | \$1,849,900  | \$1,886,750 |
| February  | 26 | 0          | 0    | \$0          | \$0         |
| January   | 26 | 0          | 0    | \$0          | \$0         |
| December  | 25 | 0          | 0    | \$0          | \$0         |
| November  | 25 | 1          | 1    | \$1,249,900  | \$1,467,000 |
| October   | 25 | 0          | 1    | \$2,195,000  | \$2,025,000 |
| September | 25 | 2          | 1    | \$3,950,000  | \$3,950,000 |
| August    | 25 | 0          | 0    | \$0          | \$0         |
| July      | 25 | 1          | 3    | \$1,625,000  | \$1,640,000 |

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

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