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PUMP HILL



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PRESIDENT'S MESSAGE

September always feels like a new year to me; it's bittersweet with the ebb of summer season combined with the excitement and anticipation of interesting new activities and things to learn.

At the Community Association level, like many citizens, we continue to watch and carefully monitor new development in the city and our community. We were disappointed with the City's decision to "grandfather" so many projects that had zoning permission before blanket rezoning was removed, now we need to participate in development plan processes to move ahead with projects that are reasonable and maintain the community's character.

Fall is also a time we see wildlife in our area as they prepare for winter. It's been a plentiful year for birds, rabbits, and squirrels and we now see some raccoons in our backyards — that's new to me in Calgary! Ever present are the deer who wander around our streets. The bobcats and coyotes are still plentiful, and we are reminded to protect our waste containers from hungry (hangry?) bears.

On the not-so-wild front we are certainly a city of pet lovers, seems almost every house has at least one pet. I have met so many more people while walking our funny looking dog, Poppy. A former rescue who was previously very nervous, she now greets everyone she meets, and I get a little chat with so many people I've never met. It has been a real learning opportunity for me on connecting with people.

Speaking of dogs, I've been asked to mention a couple of things... Of course, the ever-present reminder to clean up after your dogs is there. But even more pressing is to make sure your dogs are well socialized and controllable before setting them loose in off-leash areas. There have been some occasions when aggressive dogs terrorize the more passive ones and a few unfortunate bite or fight incidents. Please be considerate, know and work around your dog's temperament and let everyone (and every dog) enjoy our great spaces.

Our PBPCA Board meets in early September and monthly until next summer; we look forward to another busy year. Enjoy our beautiful, though brief, autumn season.

Email me anytime with comments, questions or concerns.

Gill Basford

president@pbpccommunity.ca

PBP BOARD MEETINGS



Board Meetings are on the first Tuesday of every month. Everyone is welcome.

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.

Curbside Treasure Hunt: One Weekend, Countless Finds.



On September 12 and 13, join the city-wide Curbside Treasure Hunt! Set out gently used items on your curb and label them with a sign saying "free" for neighbours to take and/or explore your neighbourhood for free finds as well. It's a fun and easy way to give your things a second life and keep usable items out of the landfill.

How it Works:

1. Clear the Clutter
Look around your home for items you no longer need, but someone else might love.
2. Label it "Free"
Clearly mark each item with a "free" sign so people know it's part of the Treasure Hunt. Download a template at calgary.ca/treasurehunt.
3. Set it Out
Place your items neatly at the curb Saturday morning.
4. Remove Items That are Not Part of the Hunt.
Make sure anything on your lawn or on the curb that you plan to keep is removed, put away, or secured, so it's clear what's free to take and what's not.
5. Treasure Hunt!
Explore your neighbourhood and discover free finds all weekend long (only take items clearly labelled free).
6. Wrap it up
By Sunday, September 13 at 5:00 p.m., remove any untaken items from your curb and consider donating them to a local charity.

For safety reasons, please don't put out items that could be hazardous or not safe to reuse, such as:

- Mattresses
- Toilets
- Unsafe or recalled items
- Baby gear or safety equipment that may not meet current standards

Do you live in a condo or apartment? You can participate as well! Coordinate with your property manager to establish a shared drop-off location. Let's keep good things out of the landfill. Happy treasure hunting!



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Please visit our website to view our live calendar or send a rental request to 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 1,040 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 (Friday 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.



Apple Crisp

by S. Law



If you have had the chance to stop by your local Farmers' Market, I'm sure you've seen an abundance of apples. What better way to deal with such an overhaul than by making something delicious. Personally, my favourite way of using fresh apples is making apple crisp. It's easy, requires almost no tools, and is always a hit. If you've got some apples to spare, why not give it a try!

Ingredients

Filling:

- 2 cups of apples, sliced or chopped
- ½ cup of white sugar
- 2 tablespoons of cinnamon
- 1 teaspoon of nutmeg

Base/Topping:

- 1+1/2 cups of rolled oats
- 1 cup of flour
- 1/4 cup of brown sugar
- ½ cup of butter or margarine
- 1 teaspoon of salt

Directions

1. Preheat your oven to 425°F degrees and prepare a 9 x 9-inch baking pan.
2. Begin by washing and cutting your apples into thin slices or small chunks. There is no need to peel them unless desired. Place all the apples in a bowl with your white sugar, cinnamon, and nutmeg. Massage everything together until your apples are well coated. If the mixture seems too dry you can add a teaspoon of lemon juice to add a bit more liquid.
3. In another bowl, combine your oats, flour, and salt.
4. Take your butter or margarine and tear it into chunks overtop of the mixture. Begin crumbling the butter between your fingers, turning the dry ingredients into a slightly wet mixture.
5. Press around 1/3 of the oat mixture into the bottom of your pan. Press very firmly to create a solid base.
6. Pour the apples into the pan and spread evenly.
7. Taking the remainder of your oat mixture, add the brown sugar and mix gently, do not fully combine, the lines of brown sugar are what caramelize on top of your crisp.
8. Add the rest of the oat mixture to the top of your crisp, it doesn't need to be pressed, just evenly distributed across the top.
9. Bake in the oven for 30 to 45 minutes until golden and bubbling. Remove it from the oven and let it rest for at least 20 minutes. Serve with vanilla ice cream, whipped cream, or anything else of your choosing!



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When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are

approaches that can help. Evidence-based treatment often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.

- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

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Changing Your Financial Narrative

Karen Boudewyn | Senior Wealth Advisor



In the earlier parts of this series, we explored how beliefs, cognitive biases, and emotions shape financial behaviour. Now we arrive at a pivotal step; changing the narrative.

Awareness is powerful, but transformation happens when we begin to rewrite the beliefs that no longer serve us. Many of the financial patterns people experience like hesitation, avoidance, lack of confidence are not simply about knowledge or income. They are often rooted in long-standing beliefs that quietly influence decisions over time.

The encouraging reality is this: beliefs are learned and they can be changed.

Recognizing Your Financial Story

Everyone has a financial story. It is the internal narrative that shapes how you think and feel about money.

This story is often formed early and reinforced through experience:

- Messages from childhood about money.
- Past financial successes or mistakes.
- Cultural or family attitudes toward wealth.
- Experiences during economic uncertainty.

Over time, these experiences form beliefs that feel factual even when they may be incomplete or outdated.

Common examples include:

"I'm not good with money", "Investing is too risky", "I'll

never get ahead", "It's too late to start."

These beliefs don't just sit in the background, they actively influence behaviour.

From Fixed Mindset to Growth Mindset

One of the most important shifts in rewriting your financial story is moving from a fixed mindset to a growth mindset, a concept popularized by Carol Dweck.

A fixed mindset assumes abilities are static:

- "I've always been bad with money."
- "I don't understand investing."
- "This is just how things are."

A growth mindset, on the other hand, recognizes that skills and understanding can be developed:

- "I can learn how to manage money effectively."
- "I can improve my financial knowledge over time."
- "Small steps can create meaningful progress."

This shift doesn't change your situation overnight, but it changes how you respond to it.

Reframing Limiting Beliefs

Rewriting your financial story begins with identifying and reframing limiting beliefs.

This doesn't mean ignoring reality — it means challenging assumptions and creating more constructive perspectives.

Examples of reframing include:

"I'm bad with money" → "I haven't learned the right strategies yet"
"It's too late to invest" → "Starting now is better than not starting at all"
"I'll never have enough" → "I can make consistent progress over time"
"Investing is too risky" → "Not investing may carry its own risks"

These small shifts in language can significantly influence behaviour and decision-making.

Building Evidence Through Action

Beliefs don't change through thinking alone they change through experience.

One of the most effective ways to rewrite limiting beliefs is by creating small, positive financial actions that build evidence over time.

This can include:

- Setting up automatic savings contributions.
- Reviewing your finances regularly.
- Making gradual increases to investment contributions.
- Tracking progress toward specific goals.

Each small win helps reinforce a new narrative: "I am capable of managing my financial life."

The Role of Consistency

It's important to recognize that changing beliefs is not a one-time event — it's a process.

Old patterns may resurface, especially during times of stress or uncertainty. This is normal.

What matters most is consistency:

- Returning to your plan.
- Continuing small, positive actions.
- Reinforcing new ways of thinking.

Over time, consistent behaviour begins to reshape belief systems.

Creating a More Empowering Financial Identity

As beliefs begin to shift, something deeper starts to change — your financial identity.

You begin to see yourself as:

- Someone who is learning and improving.
- Someone who takes thoughtful financial action.
- Someone who is building long-term stability.

Bringing It All Together

Rewriting your financial story doesn't require perfection or dramatic change. It starts with awareness, followed by small, intentional shifts in thinking and behaviour.

Over time, these steps create meaningful and lasting change.

Your financial story is not fixed. It evolves with your experiences, your decisions, and your willingness to challenge old assumptions. Own Your Financial Mindset



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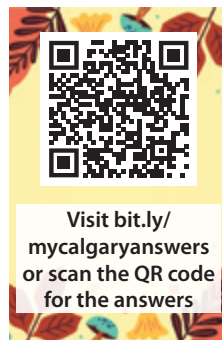
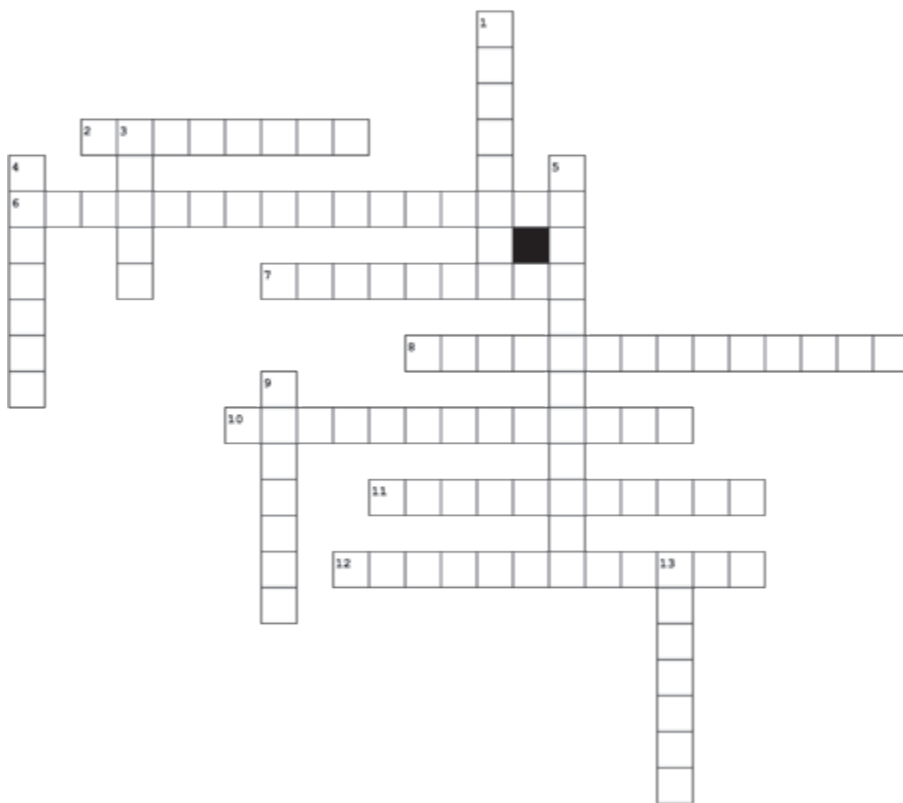


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September Crossword



Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."



Palliser – Bayview – Pumphill Community Association 2025 / 2026 Board of Directors

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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@pbpcommunity.ca

For the latest news, programs, and events, please visit our official Community Association Website at www.pbpccommunity.ca.

Whodunit?

Born September 15, 1890, Agatha Christie was one of the greatest mystery writers of her time. Most notable for her riveting detective novels, Christie wrote over 60 novels in her time as a writer, many of which defined the mystery genre we know today.



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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Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play—road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop—motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights—unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	26	1	0	\$0	\$0
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

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

Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

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.

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

Information and referrals for community and social services.
www.ab.211.ca.

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.

Telephone language interpretation service available on all lines.

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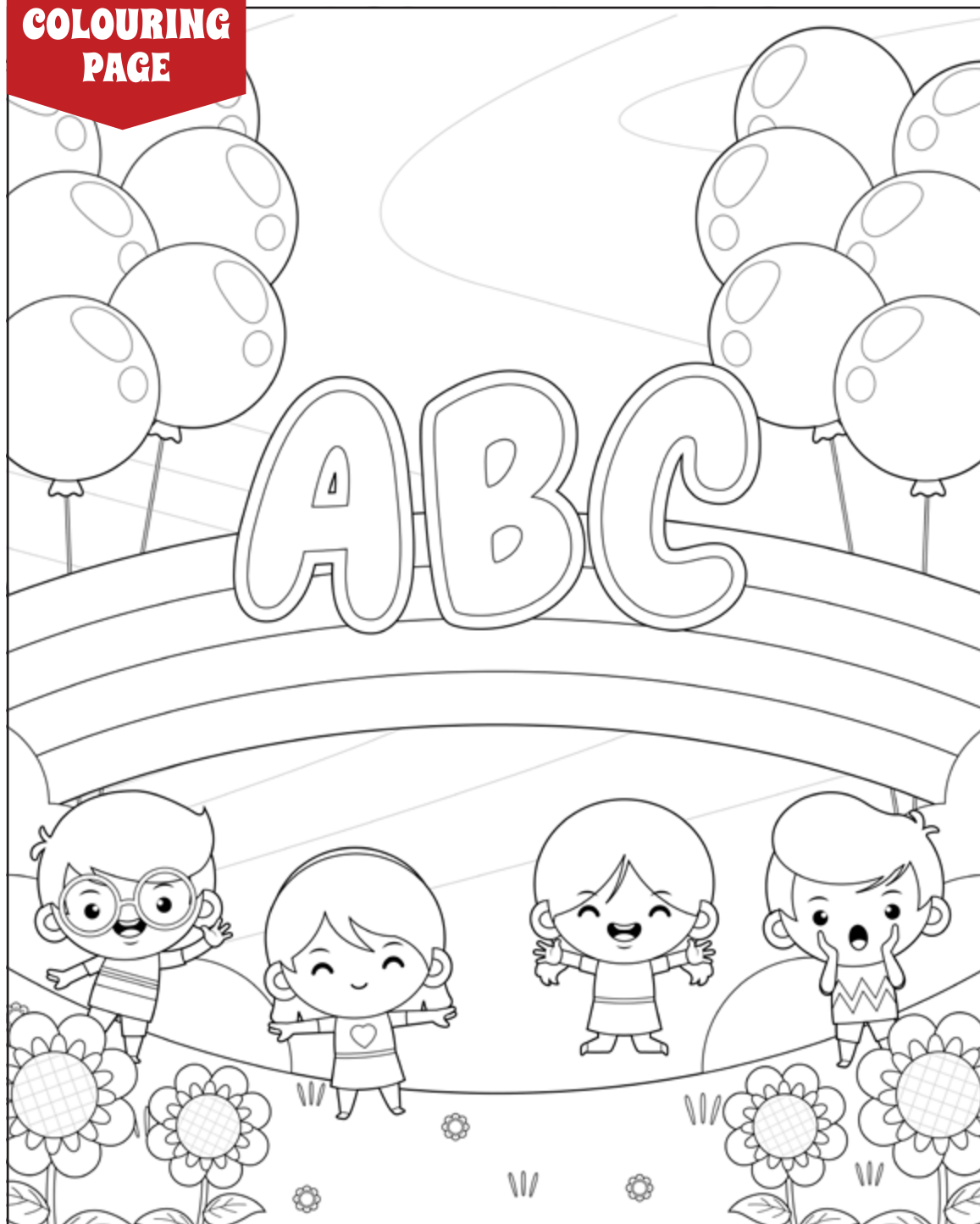
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A Small Act of Kindness Can Change a Day

by Rebecca Pink, Registered Provisional Psychologist



Kindness may seem like a simple gesture, but I believe that it's one of the most powerful things we can offer another human being and ourselves.

We live in a world that moves quickly. We are often rushing from one responsibility to the next, reacting instead of pausing, making assumptions instead of asking questions. It's easy to forget that every person we encounter is carrying a story that we know nothing about.

The person that seems impatient may be overwhelmed. The friend who's been quiet may be grieving or dealing with things privately. The parent who appears distracted may be carrying worries they haven't shared with anyone. Even the people who seem to have it together may be quietly fighting battles no one else can see. The truth is that we are all living complex realities. That is why kindness matters so much.

Kindness isn't about having the perfect words or fixing someone else's problems. Sometimes it's a smile, a

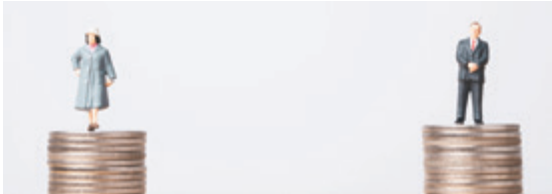
little extra patience, a warm greeting, a great big hug, or choosing compassion over criticism. Sometimes it's simply giving someone the benefit of the doubt and being open to their perspective and being aware of subjective realities. Perhaps the person who needs that kindness today is you.

We can be incredibly generous with others while being our harshest critic. What if we extended ourselves the same grace we so willingly offer those we love, respect, and care for? Imagine what could happen if each of us choose kindness first. Every person is carrying a story and lived experiences that we may never fully understand. We may not know what someone else is carrying, but we can always decide how we show up. Kindness, no matter how small, has a way of reaching further than we realize. Sometimes the smallest moments of compassion are the ones that stay with us the longest.

Take good care.

Broken Hearts and Broken Investment Portfolios

by Christopher Bungay, Divorce Lawyer



Divorce does not just break your heart. It also breaks up your investment portfolio. According to Alberta law, investments that were acquired during a marriage are defined as family-owned property. This means that, after most divorces in Alberta, each spouse is entitled to 50% of any investments that were purchased during the marriage. There are two important points to remember about this 50/50 splitting rule:

- It applies regardless of which spouse purchased the investments.
- It applies to the initial investment purchase, plus any growth in the investment that occurred during the marriage.

The following scenario of a fictional couple demonstrates how this works: The Johnsons were married in 1990. They did not live together until after the marriage started. Unfortunately, things did not work out, and they separated in May 2026. Shortly after their 1990 wedding, Mr. Johnson bought \$100,000 in shares in the popular fast food chain McDonald's. These shares were bought in his own personal name. His wife, Mrs.

Johnson, was not listed as a shareholder. On the date when this couple separated, the McDonald's shares grew in value from \$100,000 to \$4 million dollars. In this scenario, as part of their divorce, Mrs. Johnson would be entitled to 50% (\$2 million) of the total \$4 million in McDonald's shares.

50/50 Applies to RRSP Investments

Even if Mr. Johnson had purchased the McDonald's shares within an RRSP, his wife would still be entitled to 50% of the value. While RRSPs protect your investments from being taxed while they grow over the years, RRSPs do not protect you from the consequences of divorce. If the \$4 million in McDonald's shares were held in Mr. Johnson's RRSP, he would likely be required to transfer \$2 million of these shares into Mrs. Johnson's RRSP account as part of the divorce proceedings.

50/50 Does Not Apply to Investments Before Marriage

The 50-50 split rule does not apply to investments made by one spouse before the relationship began. For example, let's say Mr. Johnson bought \$100,000 in McDonald's shares in 1989, the year before he married Mrs. Johnson. In this scenario, the original \$100,000 investment would belong exclusively to Mr. Johnson alone after the couple separated/divorced. However, Mrs. Johnson would still be permitted to share in any growth in value of the McDonald's shares which occurred after the day they were married. In other words, of the total \$4 million, Mr. Johnson would get \$4.1 million and Mrs. Johnson would get \$3.9 million to account for the initial \$100,000 investment made by Mr. Johnson before their marriage, which belongs exclusively to Mr. Johnson.

Paws for Celebration!

September is Happy Cat Month! Did you know about 75% of dogs visit the vet annually for checkups and preventative care, while only about 40-50% of cats do? That's why the month of September is dedicated to celebrating and promoting the health and happiness of our feline friends!



Fall Migration is Underway: How to Help Southern Alberta's Travelling Birds

by the Calgary Wildlife Rehabilitation Society



As summer starts to cool with the dawn of fall, one of nature's most remarkable journeys is underway across Southern Alberta. Countless birds begin migrating south, travelling hundreds or even thousands of kilometres to reach warmer wintering grounds. For many species, September marks the peak of this seasonal movement, making it one of the best times to observe birds, and one of the most important times to help mitigate human-related risks.

During migration, birds rely on favourable weather and places where they can rest and refuel. They navigate using natural cues such as the sun and stars, known landmarks, and the Earth's magnetic field to complete their journeys. Along the way, they stop in wetlands, grasslands, parks, and urban green spaces throughout Alberta before continuing south.

While migration is a natural process, urban areas can present unexpected hazards. One of the greatest human-related threats is window collisions. Birds do not recognise glass as a solid barrier. Instead, they often see reflections of trees or open sky, or they mistake transparent glass for open space. During migration, when many birds move through unfamiliar urban areas, such collisions become much more common. Research estimates tens of millions of birds die each year in Canada after striking windows, with most collisions occurring at homes and low-rise buildings rather than skyscrapers.



Fortunately, small changes at home can make a significant difference.

One of the most effective ways to reduce collisions is to make windows more visible to birds. Applying patterns, decals, tape, or specialised films to the outside of glass helps birds recognise it as a barrier. For the greatest effectiveness, the markings should cover the entire window, with gaps no larger than 5 centimetres. While they cover a large area, these covers are unobtrusive and don't block the view from a window.

Reducing unnecessary outdoor lighting at night can also help migrating birds. Many songbirds migrate after dark and use the moon and stars for navigation. Bright artificial lighting can disorient them, drawing birds into urban areas where the risk of collisions with buildings and windows increases. Turning off unnecessary exterior lights or closing blinds after dark during migration season can help reduce this risk.

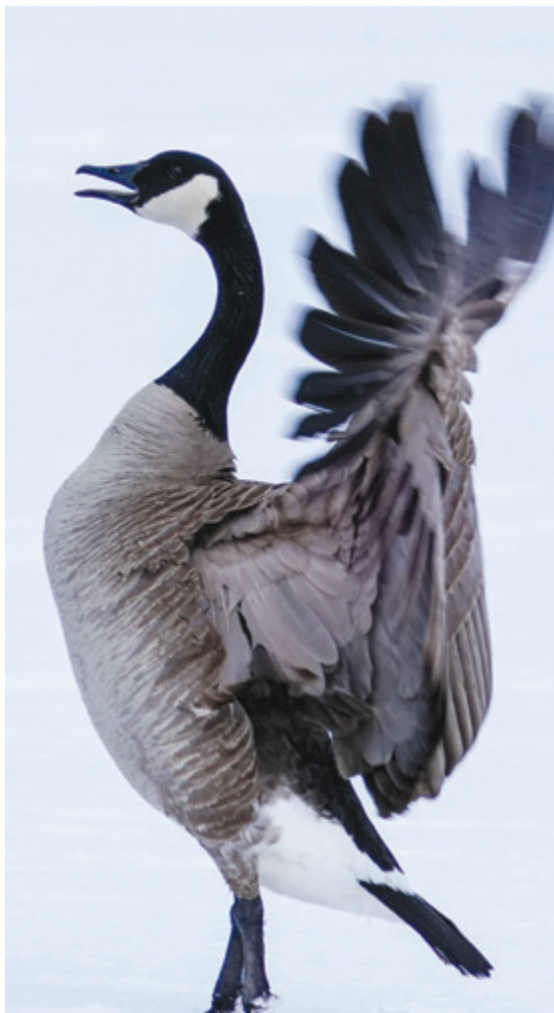
Although food is important during migration, Calgary Wildlife does not recommend putting out bird feeders.

Feeders bring many birds together around shared food and surfaces, where contaminated seed, water, saliva, and droppings can increase the spread of disease. This is especially concerning during migration, when local birds mix with visitors travelling long distances, and infections may be carried between populations.

A bird bath can provide water without concentrating birds around a food source, but it still requires careful maintenance. Replace the water daily or every other day, scrub the basin regularly and place it away from untreated reflective windows. Planting native flowers, shrubs, and trees is an even better way to support migrating birds by providing natural food, shelter, and resting places without drawing large numbers of birds to a single feeder.

Position any bird baths either within one metre of windows or away to help reduce the likelihood of high-speed collisions. Research has also shown that landscaping and vegetation placed directly in front of reflective windows can unintentionally increase the risk of collisions. Rather than removing valuable habitat, take special care of nearby glass and try to make the glass visible to birds using effective collision-prevention treatment.

Fall migration offers a chance to witness an extraordinary natural event happening right above our communities. Whether you notice flocks of geese overhead, hear the calls of migrating songbirds, or spot unfamiliar visitors in your neighbourhood, these travellers are making an incredible journey that depends on safe places to rest along the way. Small choices at home can make a meaningful difference for birds travelling hundreds or even thousands of kilometres.



Moose on the Move

Moose are excellent swimmers! They can swim up to 10 kilometres without stopping and reach speeds of about 10 km/h in the water. They even dive underwater—sometimes as deep as 6 metres—to munch on tasty aquatic plants!





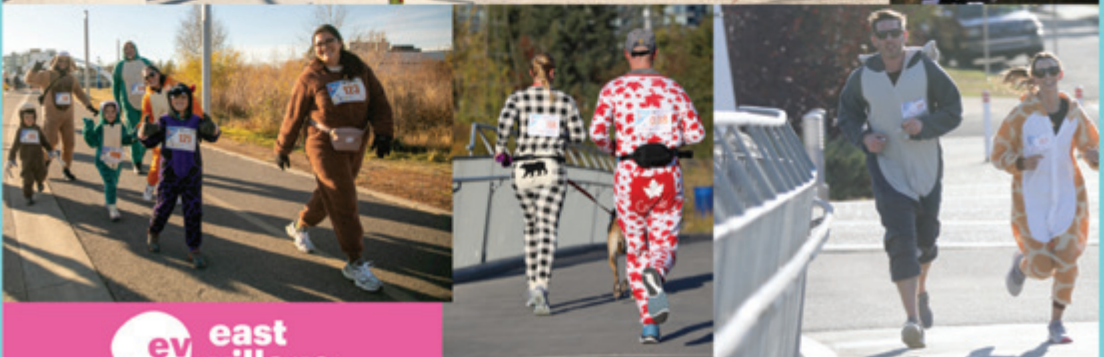
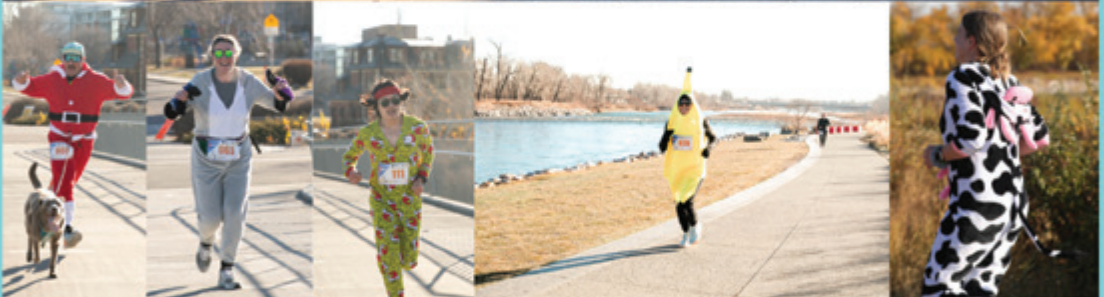
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September's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a relatively new social trend that you appreciate.

Dear reader,

Social trends are ever-changing, and many are for the better. One shift in particular is near and dear to my heart: the increasing value our society places on pets.

From the moment I could speak, I began asking for a pet dog. Every single Christmas I placed "dog" at the top of my wish list. The significant pressure I put on both Santa and my parents was to no avail; my parents were not "dog people".

Over three decades later, that yearning for a four-legged, furry friend had never faded. In early 2020, my family began fostering dogs from a local shelter as a "test run" to see if we could handle the responsibility. We quickly realized we could. Each time a foster dog went to their forever home, I grieved their absence. The extra work felt worth it. We were ready.

When the world slowed down in the spring of 2020, a combination of isolation and extra time made the decision to officially adopt our own dog quite easy. We weren't alone; statistics showed that an unprecedented number of Canadians brought a pet into their homes during that time. It drastically accelerated a shift towards celebrating the creatures that provide us with companionship and unconditional love.

Today, society is becoming a friendlier place for pet owners. I've noticed the City of Calgary has become exceptionally welcoming to dogs. New communities are intentionally designed with dog parks, and many outdoor patios welcome our furry friends. We even have a cat café downtown and puppy yoga throughout the city.

Our pandemic puppy, Luna, is six years old this year. She was the piece our family didn't know we were missing until she arrived and made us feel complete. She was worth the wait.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



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		6					3	
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A Word with Two Worlds

The word amphibious comes from the Greek words *amphi* ("both") and *bios* ("life"). Together, they mean "double life"—a fitting name for animals like frogs and salamanders that spend part of their lives in the water and part on land.



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In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	26	6	2	\$675,000	\$665,000
June	26	7	2	\$619,950	\$605,000
May	26	3	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

To view more detailed information that comprise the above
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PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	26	2	2	\$1,129,950	\$1,064,000
June	26	3	4	\$1,250,000	\$1,207,500
May	26	0	2	\$1,507,000	\$1,432,500
April	26	6	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

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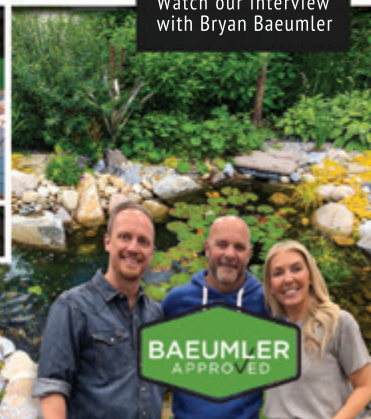
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