

JULY 2025

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**BRAIN  
GAMES**

# SUDOKU

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**Charles Gulley, DD, F.C.A.D.**  
Denturist, Denture Specialist



# Western Bathrooms

# **ReMax Amy Milner Brooks**

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**PALLISER**



**BAYVIEW**



**PUMP HILL**



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## PRESIDENT'S MESSAGE

Summer is well upon us; hope you are having a safe and relaxing time. The message this month is all about invitations to engage and enjoy our beautiful community over the summer and fall.

You are invited to:

Connect with all your neighbours by taking out a community membership. The low cost/high value ticket gives you the opportunity to be informed about matters impacting Palliser, Bayview, Pumphill and the whole city. Easy to join, there's a QR quick response code in this newsletter. As a member you will receive direct emails informing you of upcoming events and activities; the more members we have the easier we can reach you to understand the community's needs.

Mark your calendar for Sunday, July 27 for our Community Cleanup day, more information in this newsletter. Gather your excess stuff and see you there.

Engage and get involved by volunteering:

- At the Community Cleanup day on July 27.
- Join the Community Association Board. We still need a treasurer and also need a few more folks who can join into our planning and decision making to address community concerns. Email me if you can consider this.
- Join a committee or group for a particular activity – advocacy, safety and traffic issues, programs, membership marketing, facility and grounds...

Watch your member emails, website, and newsletter for updates on weekly, monthly, and special events. Movie nights, game nights, walking club, and other recreational and educational events are happening over the summer.

Join in this fall as we continue to bring forward candidates and issues in our October civic election.

The PBP Community Association board is recessed for the summer, but you can still reach us. See the board list in this newsletter for contact information.

Thank you and have a great summer.

*Gill Basford*

President@PBPcommunity.ca

## 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.



## BEFORE THE BEATLES

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!



# ACADEMY

www.academydenture.com

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Tues, Wed, Thur: 8:30 am - 4:30 pm

Monday by appointment only.

# Play Big

**HERITAGE PARK**

All Summer Long

GET TICKETS

# GAME NIGHT

COME AND JOIN US  
FOR ANOTHER EVENING OF FUN AND FRIENDSHIP

**Every Friday 7-9 PM OR 10**

Palliser-Bayview-Pumphill Community Centre  
2323 Palliser Drive SW

## INVITE A FRIEND

BRING YOUR FAVOURITE GAME

**CRIBBAGE ★ UNO ★ CHESS  
RISK ★ CLUE ★ CHECKERS**

**STILL NO CHARGE TO PARTICIPATE**

email: [pbpsocial@pbpccommunity.ca](mailto:pbpsocial@pbpccommunity.ca)  
or call Norman Bunn at 587-899-6616

## SUPPORT YOUR COMMUNITY CENTRE

BRING YOUR CHOICE OF SNACKS  
OR BOTTLED DRINKS

# WHAT? DO YOU KNOW

At Palliser - Bayview - Pumphill  
Community Centre,  
we are working hard to develop  
a whole range of new activities.

Your ideas are always welcome!

If you can teach us a new skill,  
or just want to help, that would be terrific.

Call me for more information  
about our plans, our needs, and  
how we can make your life more interesting.

Norman Bunn  
587-899-6616

*Spring has sprung  
And buds are poppin'  
Now's the time  
We all get walkin'.*



## PBP Group Walking Club

**BUILD FITNESS STRENGTH STAMINA BALANCE**

**PICK  
YOUR  
LEVEL**

1. AROUND THE BLOCK
2. A MILE OR SO
3. EXPLORE THE CITY

**INFO &  
DIRECTIONS**

[pbpsocial@pbpccommunity.ca](mailto:pbpsocial@pbpccommunity.ca)  
Norman Bunn 587-899-6616

**MONDAY-WEDNESDAY-FRIDAY**



**NO ADMISSION CHARGE**

## SUNDAY MOVIE

Palliser-Bayview-Pumphill Community Centre  
2323 Palliser Drive SW

## INVITE A FRIEND

Contact me for further info.

email: [noramtunn@gmail.com](mailto:noramtunn@gmail.com)  
Norman Bunn at 587-899-6616

**BRING YOUR SNACKS AND DRINKS**

**A NEW MOVIE  
EACH SUNDAY  
7-9 PM**



# Palliser Bayview Pumphill Community Association Hall Rentals

## 2323 Palliser Drive SW

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](http://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 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.



# PBPCA CLEAN-UP



## Volunteers NEEDED

**SUNDAY 27 JULY**  
**9:00 AM - 1:30 PM**

The PBPCA is hosting its annual community clean-up on Sunday 27 July. We need volunteers to help with:

- Traffic and waste flow
- Sorting of waste
- Loading Packer Trucks

If interested in volunteering, please contact Lindsay Phillips

☎ (403) 681-4080

✉ [lindsayaphillips@outlook.com](mailto:lindsayaphillips@outlook.com)

**PIZZA, DRINKS, AND  
FUN TIMES PROVIDED**





# PALLISER BAYVIEW PUMPHILL COMMUNITY CLEAN-UP DAY!

## CHARITIES

Calgary Flames  
**Sports Bank**

**Cerebral Palsy**  
Alberta

**SUNDAY 27 JULY**  
**9:00AM – 1:30PM**  
**2323 PALLISER DR SW**

SCAN THE QR  
CODE TO SEE  
ACCEPTED ITEMS



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### ITEMS NOT ACCEPTED:

TIRES • HOUSEHOLD CHEMICALS • LARGE HOME APPLIANCES • PROPANE TANKS • PAINT • CAR BATTERIES

Free to all Calgarians (community association membership not required)

**VISIT [CALGARY.CA/CLEANUPS](http://CALGARY.CA/CLEANUPS) FOR MORE INFORMATION**



# Moose in Calgary

by Alice Alces



This is a time of year when you might encounter a moose in Calgary, like the young female in the photo above, who I startled when rounding a corner on the bike path through Weaselhead. Moose calves are born in May or June and are not yet able to run as fast as their mothers.

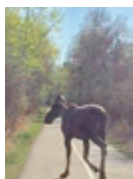


With effects of hunting, predators like wolves, pressures from

human activity or competition within their species, moose are looking for new habitat, so don't be too surprised to see a moose in or around Calgary.

Moose are the largest and heaviest kind of deer and (after bison) the second largest land animal in North America. They can be unpredictable and defensive when surprised or bothered, especially when with calf or in the fall, when they are rutting and mating. At that time, the males might go two weeks without eating. They drop their horns shortly afterwards.

Moose need to eat a lot to gain weight and survive the winter. They do not have upper front teeth, but they have a tough tongue and gums. They typically feed on new growth from deciduous trees and other plants growing in and around the water but will also eat fireweed and bark. Their nostrils close when under water. Calves will stay with the mother until about 18 months of age.



After the mating season, males drop their antlers to conserve energy for the winter. A new set of antlers will then regrow in the spring. Antlers take three to five months to fully develop.

The coat of a moose has two layers—a top layer of long guard hairs and a soft woolly undercoat. The guard hairs are hollow and filled with air for better insulation, which also helps them stay afloat when swimming. Long legs allow them to wade easily through deep water or snow.

Moose are unpredictable. They are most likely to attack if annoyed or harassed, or if approached too closely. So, appreciate them from a distance.

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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.



### Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

#### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

## Musical Houseflies

We've all had the annoying experience of being chased around by a housefly, but you probably didn't realize that they were actually playing music! Well... not really, but the noise they make when flying is always in the key of F! Isn't that neat? Maybe next time, see if you can harmonize!



## Cannabis and Youth

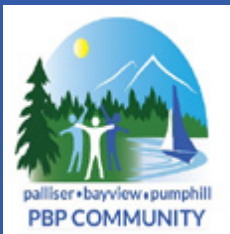
by Recovery Alberta – Community Health Promotion Services



Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- Discussions: When is the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.
- Try To Understand Why: There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask questions and try to understand why they want to use and what they know about the substance.
- Set Clear Expectations: It is known that youth succeed with consistency. Be clear with your expectations of “no use of substances” while keeping in mind that you still want to be the support they come to. Role modeling and applying the same expectations for yourself will support with maintaining consistency.



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

COMMITTEE POSITION	NAME	EMAIL
President	Gill Basford	president@pbpcommunity.ca
Past President	Harris Hanson	pastpres@pbpcommunity.ca
1st Vice President	Anna Kaufman	vicepresident@pbpcommunity.ca
2nd Vice President and Facilities	Kevin Taylor	2ndvicepresident@pbpcommunity.ca
Director at Large and Facilities	Irwin Rajesky	
Treasurer	Vacant	treasurer@pbpcommunity.ca
Secretary	Lesley Farrar	secretary@pbpcommunity.ca
Director, Civic Affairs	Sushma Mahajan	
Director, Membership, Activities	Norman Bunn	pbpsocial@pbpcommunity.ca
IT Director	Vacant	
Directors at Large	Mike Krayacich, Sam Plucer, Annie Fu, Jayda Rosenthal, Reid Colbran	
Facility Coordinator	Jen Sherstabetoff	pbpcam@pbpcommunity.ca
Community Resource Officer	Cst. Chad Rausch #3693	CRausch@calgarypolice.ca

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

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

Community Association Address: 2315 Palliser Drive SW, Calgary AB, T2V 3S4

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](http://www.pbpccommunity.ca).



# 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

☐ Casino

☐ Seniors' Programs

☐ Social Activities

☐ Facilities/Ice Rink

☐ Communications/Newsletter

☐ Membership Drive

☐ Facilities Repair & Maintenance

☐ Family Skate Days

☐ Garden Maintenance

☐ Fundraising

☐ Community Cleanup Day



**JOIN THE  
PBCA HERE!**

Send cheques payable to Palliser – Bayview – Pumphill Community Association  
2315 Palliser Drive SW  
Calgary, AB T2V 3S4

## BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

### Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

### Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!



# July Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers)  
or scan the QR code  
for the answers

## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

# 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](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).

## 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.

## PBP BOARD MEETINGS



PBP Board meetings are held the first Wednesday 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.

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## PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	6	7	\$460,000	\$456,000
April	25	6	4	\$424,700	\$404,500
March	25	10	8	\$432,500	\$445,250
February	25	4	3	\$400,000	\$390,000
January	25	6	3	\$399,900	\$445,000
December	24	0	5	\$415,000	\$410,000
November	24	5	3	\$799,900	\$763,000
October	24	2	4	\$634,950	\$660,500
September	24	8	8	\$562,450	\$563,500
August	24	10	11	\$499,900	\$501,000
July	24	9	5	\$599,900	\$590,000
June	24	4	4	\$737,500	\$756,250

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

## PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	25	5	2	\$1,112,000	\$1,127,500
April	25	2	1	\$2,100,000	\$1,980,000
March	25	3	1	\$1,499,900	\$1,509,900
February	25	2	0	\$0	\$0
January	25	1	1	\$1,021,000	\$1,000,000
December	24	2	0	\$0	\$0
November	24	0	1	\$874,900	\$855,000
October	24	1	0	\$0	\$0
September	24	2	1	\$999,900	\$995,000
August	24	0	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

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

## Celebrating Calgary 150 - Oil Town

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Calgary was booming by 1920.

The CPR built the Palliser Hotel, called the “Castle by the Tracks”, which employed immigrants like my Nona and father. The Kings Arm Tavern inside was frequented by gay men. Meanwhile, Fort Calgary was razed.

A splendid City Hall reflected Calgary’s prominence. And another public building is Heritage Hall, Western Canada’s first post-secondary institution. Hudson’s Bay’s new store opened with a granite columned arcade, unique in North America.

Parks Superintendent William Reader sought to beautify Calgary with Reader Rock Garden, his experimental site. Shaganappi (“rawhide lacing” in Cree), an Indigenous gathering place, became the first municipal golf course (ca.1914).

St. George’s Island became the zoo’s home, with concrete dinosaurs added in 1935. Dinny is the only survivor. Annie Gale, the British Empire’s first woman city councillor, supported self-sufficiency through the Vacant Lot Gardens Club.

Energy resources started dominating the economy. Coal was mined in the Crowsnest Pass - my great-grandfather Salvatore was a miner who died in an accident. Nearby is Turtle Mountain, known to Indigenous peoples as “the mountain that moves”. On April 29, 1903, the Frank Slide destroyed the mine and several homes. Between 70 and 90 people perished.

At Turner Valley, William Herron’s well struck gas. He’s considered the father of Alberta’s petroleum industry. The Herald wrote, “a lively but fairly sane cow town became a madhouse”. Oil was discovered in 1936, sealing Calgary’s fate as Oil Town.

New main streets developed. Off 10 Street NW is the Art Deco-style Plaza Theatre (ca.1934). Apartment buildings also appeared, including Spanish Colonial-style President Apartments and Tudor Revival-style Barnhart Apartments.

Another kind of community formation occurred in 1928 when Métis Nation of Alberta was founded to establish eight settlements.

Then the Great Depression began in 1929. Public works projects generated employment, including the Glenmore Reservoir and Banff-Jasper Highway. Norman Luxton spearheaded Banff’s Winter Carnival and Buffalo Nations Museum. Mount Norquay and Sunshine became ski resorts.

During hard times, sport offered respite. The Calgary Tigers played rugby football and threw Canada’s first forward pass in 1929. The Stampeders won their first game in 1945, perfect for a city approaching 100,000.

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“Palliser Hotel, Calgary, Alberta,” 1929-06-20, (CU1101121) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1WU3E87WS=SearchResults>.



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“Dinny the Dinosaur under construction at zoo, Calgary, Alberta,” 1937, (CU1225525) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O8Q5OQ>.



"Hudson's Bay Company Department Store, Calgary, Alberta," 1917, (CU166208) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F3I3I3?WS=SearchResults>.



"First Nations camp, Shaganappi Point, Calgary, Alberta," 1901, (CU1125950) by Notman. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Please credit Notman Archives, McCord Museum. On occasion of Royal Visit of Duke and Duchess of Cornwall and York. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF108XTG9?WS=SearchResults>.



"Entry to St. George's Island, Calgary, Alberta," [ca. early 1920s], (CU1104276) by McDermid Photo Laboratories. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XZKVOH>.



"View of Turtle mountain and slide area, Frank, Alberta," [ca. 1903], (CU1104678) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F1MFB1?WS=SearchResults>.



"View of Dingman #1 (Calgary Petroleum Products #1) well, Turner Valley, Alberta," 1914, (CU1157433) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FRZGBP?WS=SearchResults>.



"Filtration plant, Glenmore dam, Calgary, Alberta," [ca. 1938], (CU1130063) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FP1RIS?WS=SearchResults>.



"Stoney at Banff Carnival, Banff, Alberta," 1922, (CU1154126) by McCowan, Dan. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OKFKF?WS=SearchResults>.



"Sunshine ski lodge, Simpson Pass, Alberta," [ca. 1936-1937], (CU1118448) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

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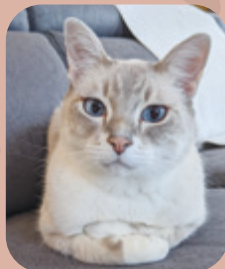
Molly, Elbow Scene



Roscoe,  
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Stella,  
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Tigger,  
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		Listed	Sold	Listed	Sold
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April	25	2	0	\$0	\$0
March	25	1	0	\$0	\$0
February	25	0	0	\$0	\$0
January	25	0	0	\$0	\$0
December	24	0	0	\$0	\$0
November	24	0	0	\$0	\$0
October	24	2	1	\$1,275,000	\$1,320,000
September	24	0	0	\$0	\$0
August	24	2	4	\$1,312,500	\$1,246,500
July	24	0	0	\$0	\$0
June	24	1	0	\$0	\$0

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# Building Your Emergency Food Kit

by Alberta Health Services



Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishables, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary, and what to include in your kit.

### Why An Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items that can be stored for a long time without refrigeration are

ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

### Items to Include

Choose non-perishable foods using the principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or canned fish, with whole grain crackers and canned vegetables.

Some of these items require minimal heating. If you do not have a camp stove and fuel, as well as pots for an emergency kit, do not choose foods that require some heating.

- **Water:** 4 litres per person, per day for drinking and basic hygiene.
- **Vegetables and Fruits:** Dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.
- **Grain Foods:** Crackers, cereal, granola bars, instant oatmeal, rice, and pasta. Consider whole grain crackers and cereal for added nutrition.
- **Protein Foods:** Protein options include canned beans or canned meat, nuts, seeds, nut butters, and jerky.
- **Milks and Plant-Based Beverages:** Choose options that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.
- **Special Diet Foods:** If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to last for the full duration of the emergency.
- **Other Foods:** While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.
- **Meal Preparation Materials:** Include plates, cutlery, a multipurpose knife, manual can opener, and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.
- If you have pets, remember to include their water and food needs.

### Practical Considerations

Store food in a cool, dry place and avoid areas prone to moisture or pests. When packing canned and dried goods, opt for smaller containers that can be consumed in one sitting to prevent spoilage once opened. Check foods every year and rotate out those that are nearing expiry as needed. Some foods may last for several years.

Emergency preparedness is essential for every household, and a well-planned food kit can provide comfort, nutrition, and safety during crises. By incorporating a variety of non-perishable items and water, you can ensure that you and your family remain well-nourished and prepared for any emergency.

Setting aside food for emergencies may not be possible for everyone due to cost. There may be resources in your social network or community to go to in case of emergency. Call, text, or chat with 2-1-1 Alberta ([ab.211.ca/](http://ab.211.ca/)) to find out about financial benefits, programs, and services.

## Bow River

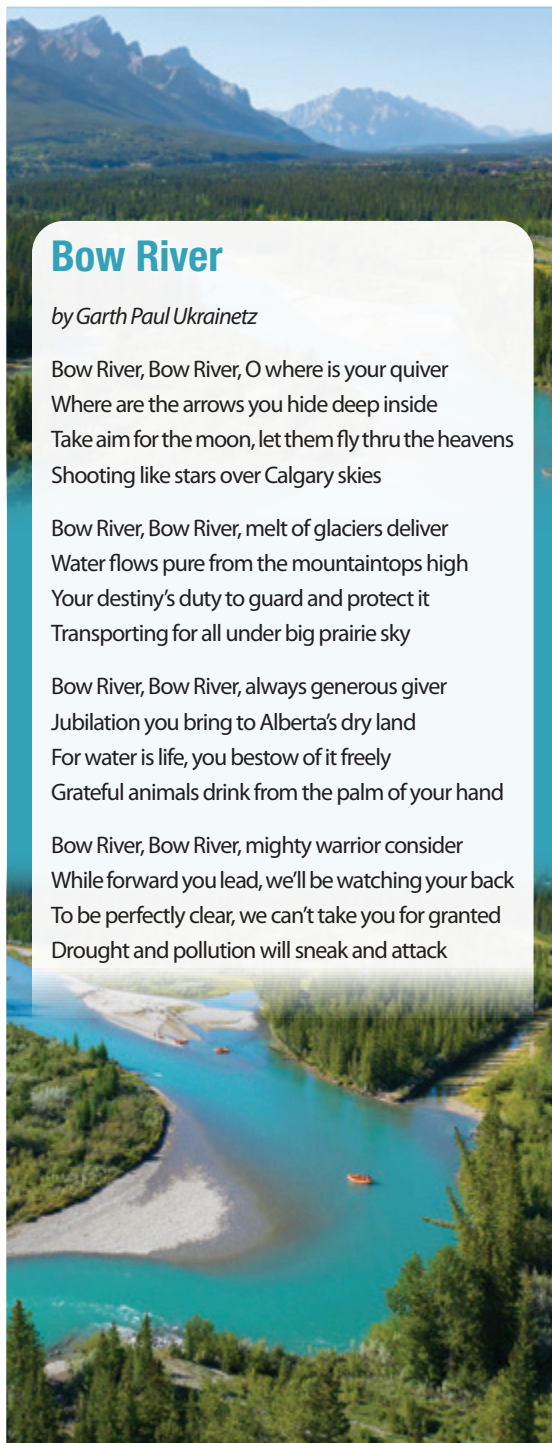
*by Garth Paul Ukrainetz*

Bow River, Bow River, O where is your quiver  
Where are the arrows you hide deep inside  
Take aim for the moon, let them fly thru the heavens  
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver  
Water flows pure from the mountaintops high  
Your destiny's duty to guard and protect it  
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver  
Jubilation you bring to Alberta's dry land  
For water is life, you bestow of it freely  
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider  
While forward you lead, we'll be watching your back  
To be perfectly clear, we can't take you for granted  
Drought and pollution will sneak and attack





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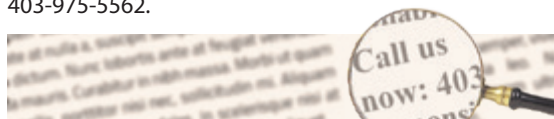
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6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



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