

MARCH 2016

DELIVERED MONTHLY TO 5,900 HOUSEHOLDS

the view at **BANKVIEW**

THE OFFICIAL BANKVIEW COMMUNITY NEWSLETTER

**BANKVIEW
AGM**

SATURDAY, APRIL 23

You want tasty, healthy and easy meals. Done.

From deli to dairy, we think about everything we put on our shelves, and everything we serve our customers – including our café meals. We offer takeaway or dine-in meals that are made daily with fresh, wholesome and organic ingredients.

From sandwiches and soups to salads and daily specials, it's an easier way to stay healthy.

Purchase a hot buffet or salad bar item and dessert is on us.
(It's a healthy dessert, naturally.)



10TH AVENUE MARKET
1304 - 10 Avenue SW

CHINOOK STATION MARKET
202 - 61 Avenue SW

CROWFOOT MARKET
850 Crowfoot Crescent NW

customer care: 403-930-6363 | communitynaturalfoods.com

Bankview

free*

**BANANA BREAD
MINI LOAF**

* With purchase of a hot buffet or salad bar item.

Redeem this coupon at the time of café purchase. Coupon cannot be combined with any other offer or discount. Limit one free loaf per purchase. Offer expires April 30, 2016. Coupon has no cash value.

REDEEM AT CUSTOMER SERVICE



Visit us for great savings.

Come in to your local Shaw store to:

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- Receive face-to-face customer service
- Learn more about Shaw products and services with our interactive displays

Shaw downtown store:
630 3 Ave SW, Calgary

Save \$60 on a new HD Box



Now only
\$78*
(Regular price \$138)

Offer available in-store March 17 - April 7, 2016.



Shaw)

*Offer valid on the Shaw DCX3200-M March 17 - April 7, 2016. Prices shown do not include tax. Not all Shaw services are available in all regions. Equipment not purchased by you must be returned to Shaw if any of your services are cancelled. You may not resell any Shaw services. All Shaw services are subject to our Joint Terms of Use and Privacy located on shaw.ca.



Bankview Community Association

2418-17 St. SW

Calgary, AB T2T 4M8

Phone: (403) 244-2544

bankviewcommunity@gmail.com | www.bankview.org

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BANKVIEW.

BANKVIEW COMMUNITY ASSOCIATION

2418 – 17th Street S.W., Calgary, AB. T2T 4M8
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Hall Manager: Graham Doyle, 403-245-2658

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Jenna Findlater	Neighbourhood Partnership Coordinator	403.476.7277	Com. Rec. Coordinator	jenna.findlater@calgary.ca
Joy Norstrom	City of Calgary-Neighborhood	403.809.8378	Community Social Worker	joy.norstrom@calgary.ca
Kent Hehr	Calgary	587.575.3114	MP	kent.hehr@parl.gc.ca
Brian Malkinson	Calgary		MLA	calgary.currie@assembly.ab.ca
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*Please check the Facebook page for dates
of monthly Board Meetings*

MARK THIS DATE
ON YOUR CALENDAR!

Bankview Annual General Meeting

Saturday,
April 23, 2016

Watch for further
details!



MARCH CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM 1 Christ Power Bible Church 10 am - 12:30 pm Pastor Rufus Akinwusi 587-700-0220	2 Yoga with Valerie 403-243-3003 9am - 1 pm	3 Yoga with Valerie 403-243-3003 9am - 1 pm	4 Seniors Fitness Classes Call 311 to register 11 - 11:45 am	5 Yoga with Valerie 403-243-3003 9am - 1 pm	6 Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	7 Brady Academy of Irish Dance 403-630-3384 6 - 9 pm
PM 6 Christ Power Bible Church 10 am - 12:30 pm Pastor Rufus Akinwusi 587-700-0220	7 Yoga with Valerie 403-243-3003 9am - 1 pm	8 Yoga with Valerie 403-243-3003 9am - 1 pm	9 Seniors Fitness Classes Call 311 to register 11 - 11:45 am	10 Yoga with Valerie 403-243-3003 9am - 1 pm	11 Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	12 Brady Academy of Irish Dance 403-630-3384 6 - 9 pm
PM 13 Christ Power Bible Church 10 am - 12:30 pm Pastor Rufus Akinwusi 587-700-0220	14 Yoga with Valerie 403-243-3003 9am - 1 pm	15 Yoga with Valerie 403-243-3003 9am - 1 pm	16 Seniors Fitness Classes Call 311 to register 11 - 11:45 am	17 Yoga with Valerie 403-243-3003 9am - 1 pm	18 Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	19 Brady Academy of Irish Dance 403-630-3384 6 - 9 pm
PM 20 Christ Power Bible Church 10 am - 12:30 pm Pastor Rufus Akinwusi 587-700-0220	21 Yoga with Valerie 403-243-3003 9am - 1 pm	22 Yoga with Valerie 403-243-3003 9am - 1 pm	23 Seniors Fitness Classes Call 311 to register 11 - 11:45 am	24 Yoga with Valerie 403-243-3003 9am - 1 pm	25 Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	26 Brady Academy of Irish Dance 403-630-3384 6 - 9 pm
PM 27 Christ Power Bible Church 10 am - 12:30 pm Pastor Rufus Akinwusi 587-700-0220	28 Yoga with Valerie 403-243-3003 9am - 1 pm	29 Yoga with Valerie 403-243-3003 9am - 1 pm	30 Seniors Fitness Classes Call 311 to register 11 - 11:45 am	31 Yoga with Valerie 403-243-3003 9am - 1 pm	March School Break Dates: Calgary Public School Board Thursday, March 17 to Monday, March 28, 2016 Calgary Separate School Board, Thursday, March 24 to Sunday, April 3, 2016	
PM 31 Christ Power Bible Church 10 am - 12:30 pm Pastor Rufus Akinwusi 587-700-0220	32 Yoga with Valerie 403-243-3003 9am - 1 pm	33 Yoga with Valerie 403-243-3003 9am - 1 pm	34 Seniors Fitness Classes Call 311 to register 11 - 11:45 am	35 Yoga with Valerie 403-243-3003 9am - 1 pm		



BANKVIEW

Following an unanimous vote at our April AGM, the Bankview Community Association is pleased to announce that memberships for the 2015-16 year will be FREE!

To get yours, simply visit www.bankview.org/membership/ and complete the form reproduced below. We thank you for your enthusiasm, support, and look forward to seeing you at upcoming #BankviewCA events!

COMMUNITY MEMBERSHIP



Everyone is Welcome

Become a Bankview Community Association member today by providing your information on the right.



Future Correspondance

The email address provided will be our main point of contact for communications related to the Bankview Community Association.



Your Privacy

We respect your right to privacy and the information provided will only be used by the Bankview Community Association.



Having Difficulty?

Please note that if you have autofill turned on in your browser it can sometimes create problems. Try turning it off and filling out the form again. You may have to wait a few minutes and try again.

Email Address

* indicates required

First Name

Last Name

Address

Address Line 2

City

State/Province/Region

Postal / Zip Code

Country

Phone Number

Subscribe



COME AND JOIN US

Seniors Balance & Strength Class

Meet people in your neighbourhood while having fun. Join us at the Bankview Hall a welcoming and comfortable setting.

When: Wednesdays, 10:45 am - noon

Where: Bankview Community Centre

(2418 17 street S.W.)

FREE for all participants

Looking forward to seeing you!

Questions? Call Joy 403.476.7282 or

Jenn 403.512.8766



The City of Calgary | P.O. Box 2100 Stn. M | Calgary, AB, Canada T2P 2M5 | calgary.ca



20 lbs. box : \$25
30 lbs. box : \$30
40 lbs. box : \$35

Payment Date: <i>*cash only*</i>	Pick-up Date:
Monday, March 7	Wednesday, March 16
Monday, April 11	Wednesday, April 20
Monday, May 9	Wednesday, May 18

Drop off payment: 6:00pm - 8:00pm
at 1451-21 Ave. SW

Pick up box: Between 10:00am-noon or 6:30-7:30pm at 1451-21 Ave. SW

Phone Joy for more information!
403-476-7282

THE HUMAN BODY trivia

Worldwide, the average life expectancy at birth was 71.0 years (68.5 years for males and 73.5 years for females) over the period 2010–2013 according to United Nations World Population Prospects 2012 Revision, or 70.7 years (68.2 years for males and 73.2 years for females) for 2009 according to The World Factbook.



Name	Age	Contact	Course
Henry	15	403-719-8282	Yes
Izzy	17	403-483-1218	Yes
Sarah	17	403-671-7724	No
Rebecca	21	403-703-2219	Yes
Catherine	27	514-293-1395	Yes
Carla	32	403-890-9467	Yes
Victoria	32	587-216-3232	No

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



INVITING LGBTQ2S YOUTH (12-24 YEARS) TO PARTICIPATE IN INTERVIEWS ABOUT HOMELESSNESS AND HOUSING.

Are you, or have you been homeless? Couch-surfing? Sleeping rough? or otherwise experienced housing instability?

We'd like to talk to you!

Volunteers will be asked to participate in a single one-on-one interview, lasting about 1-2 hours. All participants will be kept anonymous.

All participants will receive a \$50 gift card for their time.



Call/Text:
403-554-3794



E-mail:
brian.hansen@live.ca



2016 TimBits Soccer Registration is now LIVE

for the communities of Richmond Knob Hill, Bankview, Killarney Glengarry and Rutland Park! Registration and information can be found at http://www.richmondknob-hill.ca/registration_timbits_soccer.php

Timbits Soccer is designed as a parent program for children under 8 who want to learn soccer basics, have fun and meet new friends. Practices will be organized on the Killarney/Glengarry Community Association Park at 28 Ave & 28 St SW. The program will run once a week on Saturday mornings in May and June. Each session (half practice and half game) will last 1 hour. Registration is \$40/play and includes a team T-shirt, year-end medallion and party.

Registration will only be offered online. Community Association membership must be obtained prior to soccer registration. Please visit the membership page on your community association website.

For more information, contact us at info@richmondknobhill.ca.

IN & AROUND CALGARY

South Shaganappi Study: Get Involved

The City of Calgary is conducting a transportation corridor study for the south end of Shaganappi Trail. The study area includes the Shaganappi Tr. and 16 Ave. interchange, the Shaganappi Tr. and Bowness Rd. intersection and the Bowness Rd. and Memorial Dr. interchange.

Your Input is Important!

Shaganappi Trail has always been identified as a vital link in Calgary's transportation network. Working closely with the community, we will develop a vision for the study area that accommodates all modes of transportation and is integrated with surrounding communities and land uses.

Phase Two: Concept Development and Analysis Engagement Opportunities in April/May 2016

IDEA WORKSHOP

Attend this workshop to share ideas about possible changes and different ways to achieve the study's goals and objectives.

RSVP at calgary.ca/southshaganappi or call 311.

PROVIDE INPUT ONLINE

If you're unable to attend the workshop, there will also be an opportunity to share your ideas online at calgary.ca/southshaganappi.

In addition to the events above, a similar workshop for the adjacent communities of Montgomery, Parkdale and Point McKay has been scheduled in April. This invite-only event provides those with homes and businesses in close proximity to the study area an opportunity to participate in the same workshop with others who may share similar perspectives.

For specific event dates, times and locations, or to learn more about the study, visit calgary.ca/southshaganappi or call 311.



CALGARY COIN SHOW

March 19 & 20, 2016
10 am to 5 pm each day

Clarion Hotel
2120 16th Ave. NE

- ✓ Buy, sell or trade coins, paper money or medals
- ✓ Dealers from across Canada
- ✓ Hourly Door Prize Draws
- ✓ Free Parking

ADMISSION \$5,
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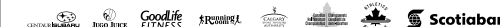
MAY 29 2016



NO.52



50KM Ultra • 42.2KM • 21.1KM • 10KM • 5KM Walk & Run • Kids Marathon





Let's Step Forward Towards a Safer and More Active City

Everyone is a pedestrian at some point in their day. Whether you're out with your dog, grabbing a coffee with friends, or parking your car and heading into work. Be it for five or 30 minutes, walking is a part of our daily lives. Investing in pedestrian networks not only makes our communities more walkable, but the ripple effect reaches local businesses and strengthens the social fabric of our neighbourhoods. I'm proud of the strong history of walking that is designed into many of our Ward's older communities. For example, Sunalta's narrow tree-lined streets with homes that face the sidewalk, Mission's short blocks that offer multiple route choices and connectivity to river pathways, or Wildwoods' parks that connect to the Bow River's paths. That being said, every neighbourhood has that intersection no one likes crossing, or that street you'd rather bypass on your way home. I believe everyone deserves to feel safe and comfortable as they walk through their community.

My passion for making Calgary an Active City will require us to make a fundamental change that recognizes walking as a valued mode of transportation. For that reason, I'm hopeful for the City's upcoming pedestrian strategy – Step Forward. Focused on “improving

pedestrian safety, reducing pedestrian-vehicle collisions, providing universal accessibility, and, promoting walking as a viable part of Calgary's multi-modal transportation system”, Step Forward's first order of business is simple: make commuting safer. Recommendations like reducing the speed limit to 40km/hr on residential roads, expanding Safe and Active routes to Schools Programs and building more Rectangular Rapid Flashing Beacons for cross-walks improve safety for both pedestrians and motorists.

With our city's growth, there's no doubt that driving will always play a role in our lives. As Calgary continues to grow, increased traffic is an ever present reality. Ultimately, whether behind the wheel or on foot, the goal is to make everyone's experience better.

Growing up in this community has given me years to explore the unique aspects of each neighbourhood, as well as see where we can do better. Continuing down the path of creating a better Calgary is going to take constant work and an open mind, and I feel that this strategy is another Step Forward in making Calgary an even greater city.





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OFFER ENDS APRIL 30, 2016

IN & AROUND CALGARY

Clearing Snow and Ice from Sidewalks

Clear and safe sidewalks are essential for many Calgarians, especially those with disabilities, older adults, and children who walk to and from school. Under the Street Bylaw 20M88, the owner(s) and/or occupant(s) of a private property are required to clear snow and ice from sidewalks in the front or to the side of their property within 24 hours of a snowfall. If the sidewalk is not cleared within that time, The City may have the snow and ice removed from the sidewalk at the property owner's expense. If you own a rental property, you are responsible for ensuring that adjacent sidewalks and pathways are cleared.

Snow Angels

Keeping sidewalks shoveled, ice-free and safe can be very challenging for older adults and other Calgarians who have limited mobility. The Snow Angels campaign

encourages citizens to clear snow and ice from the sidewalks of their neighbours who may be less able to do it themselves. Watch for people in your neighbourhood who could use help removing snow and ice and lend them a hand. For more information please visit www.calgary.ca/snowangels.

Tips for Shoveling Snow and Ice

- Stretch before you begin to shovel;
- Keep warm and wear layered clothing;
- Use an ergonomic shaped snow shovel to help reduce back pain and make shoveling easier;
- Space your hands on the shovel to increase leverage;
- Lift with your knees, not your back;
- Clearing snow soon after it falls can prevent snow and ice from building up on your sidewalk;
- After removing the snow, you can apply road salt/de-icer wherever necessary. This makes it easier for pedestrians to walk past your house;



**APRIL 8 TO 9
DANCE AT NIGHT:**

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. www.scpa.ucalgary.ca

**APRIL 10 TO 11
EXTREME PLANET
WITH PHOTOGRAPHER
CARSTEN PETER:**

Experience some of the most extreme environments on this planet with photographer Carsten Peter as your guide. Go into active volcanoes in the South Pacific and chase a storm along Tornado alley. www.artsccommons.ca

**APRIL 14
THE VIEW FROM BEHIND
BARS – AN EVENING WITH
PIPER KERMAN:**

Spend a special evening with Piper Kerman, best-selling author of *Orange Is the New Black*, *My Year in Women's Prison* and inspiration behind the award-winning Netflix series. www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/

**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

- 1 • **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek re-
- 2 turns for its fourth year and showcases some of the best
- 3 that local restaurateurs, caterers and food and liquor
- 4 merchants have to offer. www.tasteofbraggcreek.ca
- 5 • **April 6 - Video Games Live: Bonus Round!** This con-
- 6 cert is a combination of synchronized lights, lasers, vid-
- 7 eo clips and live music from some of the world's most
- 8 popular games performed by the Calgary Philharmonic
- 9 Orchestra. www.calgaryphil.com
- 10 • **April 6 to 17 - Canmore Uncorked:** This mountain
- 11 food and drink festival is 12 full days of special set-price
- 12 menus, cooking classes, progressive dinners and cook-
- 13 ing events. www.tourismcanmore.com
- 14 • **April 11 to 13 - Dance at Noon:** The junior students
- 15 in the University of Calgary Dance program's choreog-
- 16 raphy and performance concentration showcase their
- 17 original compositional work. www.scpa.ucalgary.ca
- 18 • **April 11 to 17 - Calgary Underground Film Festival:**
- 19 The festival has been carefully programmed to include
- 20 thought-provoking, entertaining and sometimes ob-
- 21 scure movies of all genres that defy conventions. www.calgaryundergroundfilm.org
- 22 • **April 15 to 17 - Dreams of Broadway:** 26 perform-
- 23 ers and 31 hit Broadway songs collide in this inaugural
- 24 production by Imagine Performing Arts! This whirlwind
- 25 production will have you laughing, crying and dancing
- 26 in your seat! www.musicandplay.ca
- 27 • **April 22 to 24 - The Adventures of Robin Hood:** Un-
- 28 leash your imagination and follow the adventures of
- 29 a band of brothers looking to rob the rich to help the
- 30 poor. www.vertigotheatre.com
- **April 26 to 29 – Annie:** The well-loved, family-friendly
- musical Annie is based on the popular comic strip Lit-
- tle Orphan Annie. It's a feel-good production with the
- same energy and warmth of the original. <http://calgary.broadway.com/>
- **April 28 to May 1 - Calgary Comic and Entertainment**
- Expo:** For four days, Calgary celebrates science fiction,
- comic books, film, television, horror, fantasy, pop cul-
- ture and more. www.calgaryexpo.com

**IN & AROUND
CALGARY****Relocation of Midnapore
Household Hazardous Waste
Drop-off**

You can take household hazardous waste, such as cleaners, paint and oil, to any of The City's landfill Throw 'n' Go areas or designated fire stations with special storage depots.

Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 will be relocated effective March 1, 2016 to:

Evergreen Fire Station 37
2511 Eversyde Avenue S.W.

The Midnapore household hazardous waste drop-off will remain closed until early 2018.

Other household hazardous waste drop-offs in the south include:

Shepard Landfill - 68 Street and 114 Avenue S.E.
Cedarbrae Fire Station 24 - 2607 – 106 Avenue S.W.

Fire stations are open for drop-off seven days a week, from 8 a.m. to 6 p.m.

Before you drop off materials, make sure they are stored, labelled and sealed properly. These household hazardous waste materials can pose a danger to our workers, your family, your pets, your neighbourhood and the environment.

For more information, visit calgary.ca/waste.

**IN & AROUND
SCHOOLS****Richmond Elementary School**

My first two months as Principal of Richmond School have been remarkable. From a leadership perspective, I enjoyed working and learning from my predecessor, Kevin McDougall. We continue to have conversations to ensure that the decisions we make as a school are in the best interest of our students. My initial interactions with parents and community partners, along with getting to know all the staff and students at the school, gave me great confidence that this is a wonderful place to learn. Our dedicated teaching staff is always striving to better understand which practices help struggling students achieve, and how to continue the work to ensure all students feel successful at our school.

A special thank you to all our newest members of our Richmond community for joining us on our School Tour and Preview on January 18th. We had over 15 families join us for this event and extend an invitation to all new families in our area to contact the school to learn about our wonderful programs and offerings.

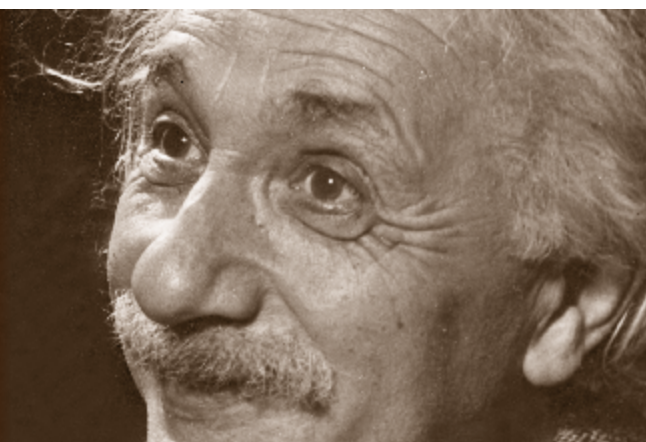
February saw our students take part in the Alberta Governments "Winter Walk Day" on February 3rd. We welcomed all families to join us as we walked for 15-20 minutes around our community and school grounds to explore the neighbourhood and get some exercise. The students have been hard at work in the new year, and are looking forward to their spring break, which takes place March 21-28.

At Richmond School our door is always open, and we welcome the opportunity to work with you and your children, as we are "Educating Tomorrow's Citizens Today".

Duncan White
Principal

Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"





Building young brains can be as simple as using the 3 Ts!

When it comes to interacting with your baby or young child, there are three easy ways for parents to harness the power of their words to build their children's brains and shape their futures.

Tune In

Notice what your baby or child is focused on and talk about that. Respond when your child communicates ideas, questions and emotions – including when your baby coos or cries.

Talk More

Narrate day-to-day routines, such as diaper changes. Use details: "Let mommy take off your diaper. Oh so wet! And smell it. So stinky!" Or when tooth brushing: "How many teeth do you have now? Let's count them together ... 1, 2, 3 ..."

Take Turns

Keep the conversation going. Respond to your child's sounds, gestures and eventually words – and give them time to respond to you. Ask lots of questions that require more than 'yes' or 'no' answers.

Adapted from the book, *Thirty Million Words: Building a Child's Brain* the 3 Ts are based on research that found children in some households heard 30 million fewer words by age three than children in other homes. These children also heard a smaller variety of words

and fewer words of encouragement. This 'word gap' can exist in families of any socioeconomic status but, on average, children from low-income homes may be most at risk of hearing less words.

As a parent, you are your child's first and most important teacher. Using the 3 Ts can help you expose your child to more words. And, children who hear more words are better prepared when they enter school. And, by grade three children who have heard more words at home tend to have bigger vocabularies and are stronger readers.

Other tips include:

If you are bilingual, talk to your child mostly in your first language – it will be richer. But, also be sure to expose your child to the language of the broader community; here in Western Canada, that's English.

Embrace baby-talk – not made-up words, but a melodic pitch, positive tone, and sing-song rhythm.

Read aloud to your child. Even babies benefit. And, as you child gets older and can read themselves, read aloud to them from books above their own reading level. It introduces new vocabulary and makes these words familiar when they later encounter them in print.

With thanks to: www.thirtymillionwords.org

For resources to help your child develop critical literacy skills and a joy of reading, visit our website. The CBC Calgary / Calgary Reads Big Book Sale, happens May 13 to 15, 2016. This is Calgary Reads signature fundraising event. Find full event details and how to donate books on our website: www.calgaryreads.com.



Help Your Children Succeed in Life!

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

I'm a math teacher and tutor. In my work, I see repeatedly, disappointing results from students – many currently in, or graduates of schools in Calgary -- who do not know how to do basic, simple math operations needed to be successful. I have seen students pick up a calculator to find the answer to 4x3. Parents – do you know the answer to that – without a calculator? The most valuable skill that students are missing is knowledge of the multiplication tables. Without having a solid grasp of the multiplication tables, students cannot understand relationships between numbers, and are unable to easily do many midlevel math questions. I regularly see their frustration at not being able to do these problems.... while at the same time maintaining a stubborn refusal to memorize the multiplication tables!

Students who succeed in math at the high school level do much better in every university class they take. They have the tools to succeed and surpass others to get the highest level jobs and excel at them. 90% of the highest paying jobs require math. The kind of logical and analytical thinking that is required to make good decisions, no matter what field we are working in, is learned as we study and do math problems!

The best way to have your children succeed in high school math classes is to make sure they learn the multiplication tables so well when they are young that they are second nature to them.

Help your children memorize their multiplication tables and they will succeed in high school math classes. Then they will do well in their university courses, and be prepared to be leaders in the workplace, the community and in their homes!



Interesting ARCHITECTURE

The Chrysler building attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world' in 1930.

BRAIN GAMES SUDOKU

	2	7			4		6	
		9				1		7
				6				2
			3	2				6
	3			5			8	
5				8	9			
9				1				
8		1				6		
	6		5			3	1	

FIND SOLUTION ON PAGE 17

MARCH MOON CALENDAR



Last Quarter
March 1 & 2



New Moon
March 8



First Quarter
March 15



Full Moon
March 23



Last Quarter
March 31

BUSINESS CLASSIFIEDS

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Bankview area with quality work happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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MP CALGARY CENTRE HON. KENT HEHR

950 6 Ave SW
kent.hehr@parl.gc.ca
403-244-1880

I am honoured and humbled to have been elected as the representative for Calgary Centre and will work hard to deliver on the strong mandate that Canadians have given our new government. Additionally, I am thrilled to serve as Minister for Veterans Affairs and Associate Minister of Defence in Prime Minister Trudeau's Cabinet. I was elected as a passionate advocate for our city and I will continue to be that voice.

I've spoken with neighbours, leaders in the business community, individuals in the non-profit sector, and I've listened. I know that we are facing difficult times in our province. I understand that many people are struggling and seeking solutions, and let me assure you that I've taken that message to Ottawa and to the Prime Minister.

I am confident that we can solve these many complex issues. Our plan is to support Albertans and kick-start the economy, and we already have several policies that will address both short-term and long-term problems.

Infrastructure investment to the tune of hundreds of millions of dollars will provide jobs in the short term and create long term prosperity. These funds will be targeted at projects such as flood mitigation, updating infrastructure, affordable housing, and public transit projects. My colleague and fellow Alberta Liberal MP, Infrastructure Minister Amarjeet Sohi, is taking leadership on this file.

I am discussing with Finance Minister Morneau on the implementation of our platform's Child Tax Benefit that will provide support for struggling families and thousands of children in our province.

Tax relief that will benefit 9 million Canadians, making it easier to join and stay in the middle class.

Changing rules for Employment Insurance – part of our party's platform in the election and even more important to put to work now – is currently being taken on by Winnipeg MP and fellow cabinet minister MaryAnn Mihychuk.

By engaging with provincial partners – such as hosting the first First Ministers' conference in nearly a decade and actively engaging with premiers – a new tone and style of leadership is being brought to the federal government.

Ensure long term access for Alberta oil and gas through responsible pipeline development.

Representing my constituents is a top priority and I vow that your voices will continue to be heard in Ottawa. By the time this letter is printed my office will be operational at 950 6 Ave SW: you can email my team at kent.hehr@parl.gc.ca or give us a call at 403-244-1880. My door is always open.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Deadline – 1st of each month for the next month's publication.

Contact news@great-news.ca

- ♦ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ♦ Forty word limit

BRAIN GAMES SUDOKU

1	2	7	8	9	4	5	6	3
6	8	9	2	3	5	1	4	7
3	4	5	1	6	7	8	9	2
4	9	8	3	2	1	7	5	6
7	3	2	4	5	6	9	8	1
5	1	6	7	8	9	2	3	4
9	5	3	6	1	2	4	7	8
8	7	1	9	4	3	6	2	5
2	6	4	5	7	8	3	1	9

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Here in late winter, I'm gearing up for another session at the legislature in Edmonton where we start the next sitting on March 8.

When I'm not in Edmonton, I'm here in the community, spending time with community centres, schools and local clubs. Lately though, I've found myself in and around a number of wonderful seniors groups.

I've been able to visit places such as the Good Companions 50+ Club, Shalem and Bow Cliff Seniors where we spoke in depth about the Bridge club there, just to name a few. I really enjoy visiting people involved in these places because of the kind of conversations I have. We always talk about the problems facing us today, but I also get to hear the perspective that only the wisdom of age can grant. Some of the people I've been meeting have spent their whole lives in this part of the city, and remember not only when the Currie Barracks was actually a military base, but also remember it being an empty field before that.

With the wisdom of age, sometimes the pace of modern life is hard to keep up with. In talking with people, I've noticed many simply are unaware of the kind of programs and services that are available to seniors in this province.

I wish I had space to talk about all the services and supports available in Alberta. If you're interested or in need, I encourage you to give the department of Seniors and Service Alberta a call at 1-877-644-9992. The folks there are able to help in many ways most Albertans didn't think were available.

I will also take the time to applaud the great work done by a couple of organizations I am sure many of you already know about: the Kerby Centre (403-265-0661) and the Calgary Seniors Resource Centre (403-266-6200). They are both fantastic resources for those who are looking for help with something, as well as those simply interested in more information.

Have you got a community club that you'd like me to come visit? I love getting out and meeting people in and around the riding, so if you're involved in a community or club and you'd like to have a visit from your friendly neighbourhood MLA, feel free to get a hold of my office (403-246-4794) and we can schedule something soon.

Look forward to seeing you,
Brian



COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Let's Step Forward Towards a Safer and More Active City

Everyone is a pedestrian at some point in their day. Whether you're out with your dog, grabbing a coffee with friends, or parking your car and heading into work, be it for five or 30 minutes, walking is a part of our daily lives. Investing in pedestrian networks not only makes our communities more walkable, but the ripple effect reaches local businesses and strengthens the social fabric of our neighbourhoods. I'm proud of the strong history of walking that is designed into many of our Ward's older communities. For example, Sunalta's narrow tree-lined streets with homes that face the sidewalk, Mission's short blocks that offer multiple route choices and connectivity to river pathways, or Wildwoods' parks that connect to the Bow River's paths. That being said, every neighbourhood has that intersection no one likes crossing, or that street you'd rather bypass on your way home. I believe everyone deserves to feel safe and comfortable as they walk through their community.

My passion for making Calgary an Active City will require us to make a fundamental change that recognizes walking as a valued mode of transportation. For that reason, I'm hopeful for the City's upcoming pedestrian strategy – Step Forward. Focused on *"improving pedestrian safety, reducing pedestrian-vehicle collisions, providing universal accessibility, and, promoting walking as a viable part of Calgary's multi-modal transportation system"*, Step Forward's first order of business is simple: make commuting safer. Recommendations like reducing the speed limit to 40km/hr on residential roads, expanding Safe and Active routes to Schools Programs and building more Rectangular Rapid Flashing Beacons for cross-walks improve safety for both pedestrians and motorists.

With our city's growth, there's no doubt that driving will always play a role in our lives. As Calgary continues to grow, increased traffic is an ever present reality. Ultimately, whether behind the wheel or on foot, the goal is to make everyone's experience better.

Growing up in this community has given me years to explore the unique aspects of each neighbourhood, as well as see where we can do better. Continuing down the path of creating a better Calgary is going to take constant work and an open mind, and I feel that this strategy is another Step Forward in making Calgary an even greater city.

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