

OCTOBER 2016

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# the view at **BANKVIEW**

THE OFFICIAL BANKVIEW COMMUNITY NEWSLETTER



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## STEP INTO FALL



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator  
403.210.7044 or perryr@ucalgary.ca



Ethics ID: REB15-2944  
This study has been approved by the University of Calgary  
Conjoint Health Research Ethics Board.



## 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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## We're Social!

Join us on Twitter

<https://twitter.com/bankviewca>  
(using the hashtag  
#BankviewCA)

& on Facebook too

[www.facebook.com/BankviewCA/](http://www.facebook.com/BankviewCA/)

Follow along with the latest  
news from both the community  
association & your neighbours!



GREAT NEWS PUBLISHING HAS BEEN  
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# BANKVIEW.

## BANKVIEW COMMUNITY ASSOCIATION

2418 – 17th Street S.W., Calgary, AB. T2T 4M8  
Phone: 403-244-2544 • [bankviewcommunity@gmail.com](mailto:bankviewcommunity@gmail.com)  
Hall Manager: Graham Doyle, 403-245-2658

### Board of Directors 2015-2016

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President	Kate Schutz
Vice-President	Whitney Smithers
Treasurer	Gail Simper
Secretary	Jessica Webber
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Director	Michelle Kemball
Director - Development	Megan Mucignat
Director - Policy (ad hoc)	Kendall Moholinty
Director - Community Garden	Mike Sander
Director - Policy (ad hoc)	Janice WalshJanice Walsh
VOLUNTEERS	
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Social media volunteer	Capri Rasmussen
Stampede Breakfast volunteer	Maureen O'Neill
Development Chair - on leave	Talicia Wagner
DEVELOPMENT COMMITTEE	
Committee member	Richard Burke
Director / Interim Chair	Megan Mucignat
Committee member	Joan Bloxom
Committee member	Sean Kimak
Committee member	Shawnti Enns
	Tomasz Samborski

GOVT. CONTACTS	POSITION	EMAIL ADDRESS
Pam McHugh	Neighbourhood Partnership Coordinator	<a href="mailto:pamela.mchugh@calgary.ca">pamela.mchugh@calgary.ca</a>
Joy Norstrom	Community Social Worker	<a href="mailto:joy.norstrom@calgary.ca">joy.norstrom@calgary.ca</a>
Kent Hehr	MP, Calgary Centre	<a href="mailto:kent.hehr@parl.gc.ca">kent.hehr@parl.gc.ca</a>
Brian Malkinson	MLA, Calgary Currie	<a href="mailto:calgary.currie@assembly.ab.ca">calgary.currie@assembly.ab.ca</a>
Evan Woolley	Councillor, Ward 8, City of Calgary	<a href="mailto:evan.woolley@calgary.ca">evan.woolley@calgary.ca</a>

Please check the Facebook page for dates  
of monthly Board Meetings



**Calling All BABYSITTERS**

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.



**Calling All PARENTS**

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



Althea Adams  
[altheagadams@me.com](mailto:altheagadams@me.com)

**Editorial Content DEADLINE**

**1<sup>st</sup>** of each month for the next month's issue

## PRESIDENT'S MESSAGE

With the diversity of culture in Bankview, the fall is a time of celebration for everyone! End of September festivities of Eid ul Adha lead right into the Islamic New Year, Muharram on October 3. The Jewish holidays of Rosh Hashana, Shabbat Shuva and Yom Kippur run October 3 - 12 and Canadian Thanksgiving falls on Monday, October 12 this year. The Hindu festival of light, Diwali, takes place worldwide on Saturday, October 29 and in Bankview, that date also marks our pumpkin-carving event with Councillor Evan Woolley.

Everyone, including the kids, is invited down to the hall to pick out a pumpkin and meet Evan and exercise your creativity to carve a jack-o'-lantern. Take home your masterpiece for your porch or balcony. You never know, you might find your creepy décor or masterfully carved pumpkin featured on the community Facebook page or Twitter feed!

Please remember that Bankview has a lot of young trick-or-treaters, many of whom are new Canadians and may be experiencing the holiday for the first time. Welcome kids and their families to your door for a few treats by making sure your sidewalks are shovelled (snow already?!) and your jack-o'-lantern candles and porch lights are burning bright. Condo and apartment dwellers may consider combining efforts and setting up their jack-o'-lanterns and bowls of candy in the lobby. Halloween is a unique holiday that brings neighbours together unlike any other.

Our month concludes with Bankview's newest tradition, the HallowAfter Lanterns parade in Buckmaster Park on

November 1, the evening after Halloween. If you have never been, don't miss it! Neighbours are invited to bring their jack-o'-lanterns to the community garden in Buckmaster park where they will all be lit again for everyone to enjoy, along with a bonfire. Treats will be served, of course, and feel free to bring that pillowcase of candy to share with friends! Stay tuned for details.

Looking forward to seeing you as we take our young daughter door-to-door for the first time (watch for a little lion). As always, we love to hear from you so please contact your volunteer board members through social media, email or our website ([bankview.org](http://bankview.org)). Tell us how you celebrate this fall!

Kate



**Halloween Trivia**

Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!

## Christian Science Reading Room & Bookstore

### The heart of Christian Science is Love

Stop by our new **Spiritual Resource Centre** conveniently located at: **101, 1118 – 12 Ave SW**  
Join us for **"Prayer and Share Meeting"** - Wednesday at 1:00 pm

403 209-0012 or [christrr@shaw.ca](mailto:christrr@shaw.ca) - [www.christianscience.ab.ca](http://www.christianscience.ab.ca)  
**All are welcome** Open: Monday - Saturday



# BANKVIEW

Following an unanimous vote at our April AGM, the Bankview Community Association is pleased to announce that memberships for the 2016-17 year will be FREE!

To get yours, simply visit [www.bankview.org/membership/](http://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!

### 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

# OCTOBER COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						1 Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
PM						
2	3 Yoga with Valerie 403-243-3003 9am - 1pm	4 Yoga with Valerie 403-243-3003 9am - 11am	5 Seniors Fitness Class 10 am - 12 noon	6 Yoga with Valerie 403-243-3003 9am - 11am	7	8 Brady Academy of Irish Dance 403-630-3384 10am - 12 noon
	Condo Meeting	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
9 Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	10 HAPPY THANKSGIVING!	11 Yoga with Valerie 403-243-3003 9am - 11am	12 Seniors Fitness Class 10 am - 12 noon	13 Yoga with Valerie 403-243-3003 9am - 11am	14	15 Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	Bankview Board Meeting 7:00 - 9:00 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
16 Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	17 Yoga with Valerie 403-243-3003 9am - 1pm	18 Yoga with Valerie 403-243-3003 9am - 11am	19 Seniors Fitness Class 10 am - 12 noon	20 Yoga with Valerie 403-243-3003 9am - 11am	21	22 Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
23 Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	24 Yoga with Valerie 403-243-3003 9am - 1pm	25 Yoga with Valerie 403-243-3003 9am - 11am	26 Seniors Fitness Class 10 am - 12 noon	27 Yoga with Valerie 403-243-3003 9am - 11am	28	29 Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
	Pat Gomes 403-247-1509 7 - 10 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		Pumpkin Carving Party with Councillor Wooley 2 to 4 pm Bankview Hall Gazebo
30 Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	31 Yoga with Valerie 403-243-3003 9am - 1pm	1				
		Hallow After IV Buckmaster Park 6:30 pm				

# Meet the Board

## WHITNEY SMITHERS, VICE PRESIDENT

One of the things I love the most about Bankview is its diversity, both in the population of our community and in the buildings we call home. I believe this diversity is a rare, and beautiful, quality that makes Bankview welcoming to so many people and families.

I bought my home in Bankview in 2001 – a 600 square foot bungalow with a small yard that I quickly transformed from grass to a garden stuffed full of flowers. I loved working in the front yard, and sitting on the porch, talking to neighbours, dog walkers and people out for an evening walk. I walked to work downtown. And it was great to live so close to 17th Avenue, as I spent a lot of time there with my friends, and always appreciated the short walk home (with the exception of the 14th Street hill of course!).

Fifteen years later, my life has changed quite a bit. My husband (who lived in an apartment in Bankview, five blocks away from me, when we met!) and I built a new house where that original bungalow once stood. Our daughter walks or rides her bike to school and to the

outdoor pool in South Calgary, and attends the Park'n Play program in the summer. And we spend time in the neighbourhood parks, playing basketball or walking our dog.

It's great to live in a neighbourhood so diverse that it continues to suit our ever-changing lifestyle. By volunteering as a board member on our community association, I'm able to contribute to projects that continue to make Bankview so interesting and welcoming. Seeing my daughter's excitement when she finds the jack o'lantern she carved at Hallow After Lanterns (see all the details for this year's event on our Facebook page), connecting with neighbours at events at our renovated community hall, and participating in improvements like artwork and better lighting at our neighbourhood parks – this is all part of the diversity of Bankview. And, volunteering has helped us get to know more people too. I'm grateful to be able to be a part of Bankview, and I look forward to what the future holds for our community!

If you're interested in getting involved, get in touch at [bankviewcommunity@gmail.com](mailto:bankviewcommunity@gmail.com).



**Save-the-Date: Holiday Craft Bazaar**  
**Saturday, December 3, 2016**

*Come by the community hall on December 3, 2016 and do some holiday shopping!*  
*Get all the details at [www.bankview.org](http://www.bankview.org) and on Facebook at @BankviewCA*

# IN & AROUND CALGARY

## October Fire Prevention Week. October 9-15<sup>th</sup>

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a WORKING smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will "chirp" when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit [Calgary.ca/CSPS/Fire](http://Calgary.ca/CSPS/Fire)

Please watch and share our new fire safety video with your family:



Fire Safety Tips with Flint  
<https://youtu.be/QbE3ICBzeY0>



**DID YOU KNOW:** that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

*Calgary Fire Department. Yours for life.*

## Alberta Health Services: EMS

### Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.



# The 17th Annual Bankview Stampede Breakfast

July 16, 2016

“Weather” it was rainin’ cats ‘n dogies or just sprinklin’, that was some kind of wet Stampede week. Normally, we use the ATCO tents for shade, not shelter. Not this year. No, no.

But, as hard as those clouds tried to keep folks away, 450 neighbours “broke the barrier” (in a good way) and came on down to Bankview’s 17th Annual Stampede Breakfast ‘n Holey!Cow Beer Garden. We have some pretty intrepid folks here in Bankview and your support by comin’ out was much appreciated. It was fun meeting new neighbours, catching up with others; having some breakfast fixins together while enjoying the sweet, dulcet tones of Charlie D. It made that grey sky shimmer with a silver lining.

Though the rain tried to put a kibosh on the Holey!Cow Beer Garden, it was polite enough to hold off until mid-

afternoon. With plenty of tent coverage, it was quite comfortable...so there, Rainy McRain, take that!

Thanks to our neighbourhood’s generous nature, Bankview raised over \$240 and 30 pounds of food for the Calgary Food Bank at this year’s breakfast. Here’s a fun food bank fact – every \$1 raised buys \$5 in product and so all of you who were able to contribute managed to “Put the Boots to Hunger” in a butt-kickin’ kinda way.

Speaking of kickin’ butt, Bankview-style, our volunteers did a butt-whooping fine job of that again this year. Truth be known, some of the volunteer positions (at least half) entail some sweaty stuff and that is not normally a pretty picture. But, when it comes to our Stampede Breakfast there’s a cowboy-up feeling in the air. It’s a no-holds barred, giddy up, go like stink, take no prisoners, kinda day. It’s like the urbanite’s bull that gets rode waaaaay more than eight seconds. Each year we welcome hundreds of hungry neighbours. Imagine being a volunteer and staring down enough supplies for over 450 people - that pancake mix, those sausages, and all those condiments or beverages or serving stuff or beer or wine or grub for the Beer Garden, or 50/50

tickets!! You look at all of that stuff and you say to it... “I am gonna ride you like the bull you are ‘til the cows come home and I am gonna love it”. Picture it...you squint, as you rev up that pancake mix drill (holster optional) and slowwwly make your way to where that batter pail sits, the theme of The Good, The Bad and The Ugly playing in your head. Yeeup, volunteering at the Breakfast – it’s good, well, it’s not bad and yeah, it can be ugly. So, there you have it. Straight up. If you think that you’ve got what it takes, cowboy up and join our crew next year. Show us your best stuff ‘cuz that’s what we’re made of, here in Bankview.

Hats off to ALL of our volunteers. You stepped up, you put your game face on and you made this happen – yahooooo YOU! Our cowboys on the grill, our cowgirls preparing our grub for that grill, and our cowpokes running back and forth between the two! A particular tip of the ol’ hat to Ruth Huber and Jen Caswell who did an amazing job of wranglin’, er, recruiting the volunteers for this event. The hours that that takes is mind-boggling, really.

Finally, we could not do this without community support and sponsors who help us kick it up a notch at the

17th annual Bankview Stampede Breakfast ‘n Holey!Cow Beer Garden. Our full gratitude and thanks to:

- ATCO Gas
- Esso – 14th and 26th
- Calgary Co-op – Midtown Market
- Our Daily Brett
- Calgary Co-op – Richmond Road
- Preventous Collaborative Health
- Canada Safeway – Garrison Woods
- Solo Liquor Bankview
- Canada Safeway – 8th Street
- Westbrook Mall
- City of Calgary
- and, of course, Rooty the Root Bear

And thanks again to all you folks for coming on by for a bite to eat and some good company on a grey, drizzly morning. It was our sincere pleasure to welcome you out to our annual breakfast. Y’all come back now, y’hear?

Maureen O’Neill  
Stampede Breakfast Lead





# Bankview Real Estate Update

Last 12 Months Bankview  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$0.00	\$0.00
July 2016	\$1,399,000.00	\$1,350,000.00
June 2016	\$458,000.00	\$445,000.00
May 2016	\$724,900.00	\$694,750.00
April 2016	\$632,000.00	\$623,000.00
March 2016	\$514,900.00	\$492,500.00
February 2016	\$788,000.00	\$712,500.00
January 2016	\$609,900.00	\$600,000.00
December 2015	\$749,900.00	\$749,900.00
November 2015	\$875,000.00	\$836,000.00
October 2015	\$0.00	\$0.00
September 2015	\$859,800.00	\$870,075.00

Last 12 Months Bankview  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	1	0
July 2016	2	1
June 2016	1	5
May 2016	2	4
April 2016	7	2
March 2016	4	1
February 2016	3	1
January 2016	4	1
December 2015	2	1
November 2015	0	1
October 2015	1	0
September 2015	7	1

To view the specific SOLD Listings that comprise the above MLS averages please visit [bankview.great-news.ca](http://bankview.great-news.ca)

**Monthly affordable fruits & veggies!**  
20 lbs. box : \$25 • 30 lbs. box : \$30 • 40 lbs. box : \$35

**Payment Date:**      **Pick-up Date:**  
Monday, August 29      Wednesday, September 14  
Monday, September 26      Wednesday, October 5  
Monday, October 24      Wednesday, November 2

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

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

**Phone Joy for more information**  
**403-476-7282**

We are also in need of two phone volunteers. Let us know if you have one hour per month and would like to get involved!

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403-714-0711 [gutterdoctor.ca](http://gutterdoctor.ca)

# Around Bankview

Rather like being pointed to during a snap oral quiz in high school, being asked to write your own introductory bio can be just as awkward, but with deadlines pending, there is no choice other than to stand and be counted.

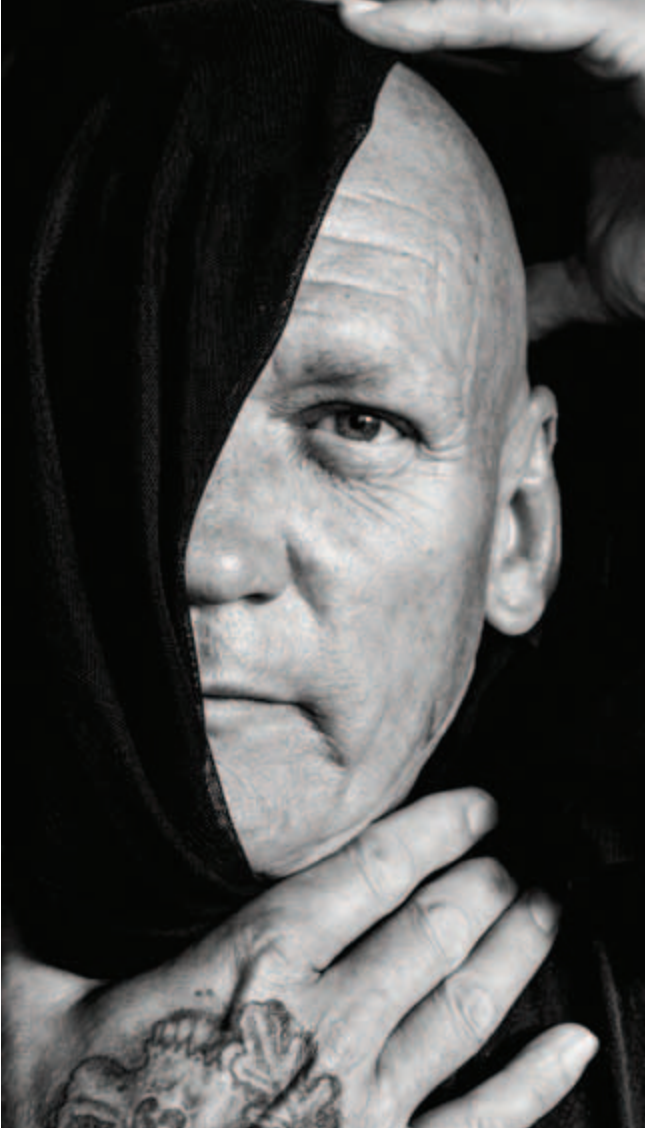
My name is Cliff Kirchhoff, and I was raised in Bankview; I attended kindergarten in the building that now serves as the community centre, went to Knob Hill when flares and bell-bottom jeans were common – and still have to be apologized for – and on hot summer days, went to Gordon’s Grocery on the corner of 21 Avenue & 15 Street for frozen ice cream, a location now taken up by a modern housing development –

But I remember the previous building, one that had oiled-wood floors and a tin ceiling, and along the back was a magazine rack.

It shaped me, and I am a professionally published and broadcast writer, an occasional actor and stuntman, and a photographer –

Here I am, in Bankview again, and looking forward to working with the community as the artist that I’ve become.

Watch for some of Cliff’s photos showcasing how he sees Bankview on our social media accounts and web-sites soon! To see more of Cliff’s work, visit <https://500px.com/cliffkirchhoff>.



**Jack-o'-lanterns** originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.





# NEIGHBOURHOOD PARTNERSHIP COORDINATOR

Hello! My name is Pamela McHugh and it is my pleasure to serve as the Neighbourhood Partnership Coordinator for Bankview Community Association (BCA). I would like to start by thanking the Bankview Board of Directors and staff for their dedication to the community and for being an excellent partner of the City of Calgary.

The 'This is my Neighbourhood' (TIMN) program is well underway in Bankview. TIMN was designed by the City of Calgary to engage with local residents and Community Associations in identifying ways to help Calgary neighbourhoods become even better place to live, work and play. The following projects were identified by your community as neighbourhood priorities and their implementation is currently underway in cooperation with BCA:

Lighting in Buckmaster Park – We are currently engaging a Crime Prevention Through Environmental Design study with our partners in the Calgary Police Department to enhance safety and visibility in the park.

Wrapped garbage bins – Five garbage bins throughout Buckmaster Park and your off-leash dog park will be designed by local artists.

- Pathways and Parks Map – A neighbourhood map illustrating how to access local amenities by walking or cycling in the Bankview neighbourhood.
- Older adult programming – A successful seniors tea event was planned and executed on June 8th at BCA. We enjoyed great conversation and delicious sandwiches.
- Animal safety and educational programs – A free City-led information session on proper pet ownership and pet safety will be held in Bankview in the fall of 2016. Stay tuned!
- Park n' Play Summer Program – This is a free one-week outdoor summer recreation program for children facilitated by the City and offered at BCA the week of August 8-12th, 2016.

If you are interested in learning more about TIMN and its work in Bankview please check out the website at <http://engage.calgary.ca/TIMN/bankview>.

The Bankview Community Association continues to be an excellent steward of the community hall. The City owns the land on which the building is positioned, but the Association manages the asset. A recent lifecycle tour with City-hired consultant Morrison Hershfield proved that the Board has done an excellent job staying on top of lifecycle issues and general maintenance.

I look forward to my continued work in the community of Bankview. Please drop me a line at [Pamela.McHugh@Calgary.ca](mailto:Pamela.McHugh@Calgary.ca) if you ever have a question about the Neighbourhood Partnership Coordinator role or how I support BCA.

Yours sincerely,  
Pamela McHugh

## IN & AROUND CALGARY

### Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

**Date:** Wednesday, October 19, 2016  
**Location:** Capitol Hill Community Association (1531 - 21 Avenue NW)  
**Time:** 7:00pm – 9:00pm

For more information and to register for this FREE event, visit [calgarycommunities.com/workshops-events/](http://calgarycommunities.com/workshops-events/)



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Valid until Nov 30<sup>th</sup>, 2016



**DIVA | SALONspa**  
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One voucher per visit. Only valid at our West Mount Royal location. Not valid with any other promotion. No cash value. Present this ad at time of purchase.  
Valid until Nov 30<sup>th</sup>, 2016



### Got a Great Idea?

**2 Small Grants (up to \$600 each) are available this fall!**

We fund projects that bring Bankview residents together and make this neighbourhood an even better place to live.

**Block Parties • Community Clean-Ups • Art Parties  
Shop Local Campaigns • Play Groups**

**It's Easy to Apply!**

**Contact:** Joy @ 403.476.7282  
[joy.norstrom@calgary.ca](mailto:joy.norstrom@calgary.ca) or  
[BankviewSmallGrants@gmail.com](mailto:BankviewSmallGrants@gmail.com)

Accepting applications September 1st – November 30th

**BRAIN GAMES**  
**SUDOKU**

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

**FIND SOLUTION ON PAGE 24**





## Bankview Seniors Fitness

Come and join other older adults in your neighbourhood to build balance and strength in a welcoming and comfortable setting.

**Date:** Wednesdays,  
September 20 – December 13, 2016

**Time:** 10:45 a.m. – 12 p.m.

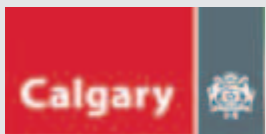
**Location:** Bankview Community Centre  
2418 17th Street S.W.

**Fee:** FREE for all participants

Please arrive 15 minutes prior to the program start time to complete registration information. Please wear runners or appropriate shoes for exercise.

**For more information or to register, contact:**

**Kristina del Corro**  
Recreation Program Specialist  
Social Programs & Services  
The City of Calgary  
T 403.476.7159  
Kristina.delcorro@calgary.ca



## Looking for a job and don't know where to start?

Start here with 3 free job search workshops sponsored by the City of Calgary,

Community and Social Development and the Bankview Community Association.

### Session 1: Resume Workshop

Put your best foot forward and get the interview. In this working session you will learn all about resumes and leave with a refreshed resume.

### Session 2: Your Job Search

Get your job search on! We will discuss some common job search sites, talk about how to use social media in your job search, and how to tailor your resume to that perfect job. You'll leave this session with some job leads to follow up on.

### Session 3: Interviewing Skills

Build your interviewing confidence by learning how about different kinds of interview questions, how to prepare for an interview and do a little practice.

**Workshops will be held at: Bankview Community Hall**  
**Dates: Mondays, November 7th, 14th and 21st**  
**Time: 6:30 – 8:30 pm**

Workshops will be facilitated by Danielle Simard, CHRP. Danielle has over 9 years of Human Resources experience in a broad range of industries and is an active volunteer in the Bankview community.

For more information or to register please contact:

**Joy Norstrom**  
Community Social Worker, Calgary Neighbourhoods  
joy.norstrom@calgary.ca  
403.476.7282

## HOME GARDENING WITH BARBARA



## ALBERTA BEES

Barbara Shorrock

If I hadn't gone to hear Lyndon Penner speak and bought his latest book *Native Plants for the Short Season Yard*, I wouldn't have learned about the Helen Schuler Nature Centre. Because I had read about it I jumped at the chance to drive down to Lethbridge with a friend one day and visit the centre to see its rooftop garden planted with native grasses and flowers. (Actually we were on a mission to source Spudnuts but that's a different story.) We did indeed see the native garden, and it is wonderful, definitely worth the drive. But even better was the display on the main level. This display changes several times a year, at the time of our visit featuring Alberta's native bees. It was fascinating.

Everyone is familiar with *Bombus* the bumblebee, first to appear in the spring, and *Apis mellifera* the honeybee, so necessary for crop pollination, not to mention honey production. Gardeners know about the leaf-cutter bee and some have built boxes for mason bees to keep them in the neighbourhood. There are actually over 800 species of native bees in Canada; our scientists have identified more than 30 species native to Alberta, some of which look so much like flies that you need to look very closely to tell the difference. There are orchard bees and mining bees, sweat bees, carpenter bees and plasterer bees, to name just a few. Some sting, most don't. Most collect nectar and pollen, some are predators. Some, like the early-to-rise bumblebee and many of the smaller native guys, are out and about at the crack of dawn before the honeybee wakes up, and are more cold tolerant, foraging on cool cloudy days while the honeybee waits for the sun. Some bumblebee

species are solitary, while others live in colonies, typically in holes underground. Usually, only the queen survives our harsh winter; the workers die off. Many native bees rely upon the nectar from only a few species of plants – you can imagine what happens when those plants are eradicated for commercial development or monoculture (think vast expanses of neatly trimmed grass – totally useless to a bee). Yes, some of them have stingers, but if you behave calmly when working in your garden in the company of bees, there is rarely a problem (unlike wasps, who are constantly in search of trouble and have a more aggressive nature). If you care about the environment and would like to create a bee (and butterfly, incidentally) friendly garden, consider adding some native plants to your space. The list is very long indeed, including asters, blue flax, columbine, bee balm, clematis, honeysuckle, Jacob's ladder and on and on. No doubt you already have some of these in your perennial beds, whether native or hybrid species. Watch what is attracting bees from spring to fall – when you have identified the successful attractors, plant more. The other part of the equation is pesticides – the lack of them. A chemical that will kill a caterpillar or moth will kill a bee. Simple as that. A bee friendly garden is a pesticide free garden.

Seventy percent (70%) of all flowering plants need bees to pollinate so they can reproduce. The Department of Agriculture tells us that one-third of the human diet comes from insect-pollinated plants. Have you ever stood under a tree in bloom in the spring, and thought the whole tree was buzzing? Right. The pollinators are hard at work. Bees are hugely important to our society.

*Barbara Shorrock is a member of the Queensland Garden Club, which meets monthly on the first Wednesday at the Queensland Community Centre. All are welcome; it doesn't matter where you live.*



# Family money – a financial checklist for families

Suzanne Smith-Demers – Consultant

Raising children is definitely a joy — it's also expensive. That is why it's important to have a financial plan in place for the many stages of a client's life.

## Pre-baby

- Research all available employee and government parental benefits so you'll know what your income is likely to be while you're away from work.
- Review your current financial plan(s) and determine what you want to save in advance of having a child and what your family budget will be when your new addition arrives.
- Arrange for a last will and testament or update your most recent will to be sure it includes your wishes for your child(ren) education, care and inheritance. Name a guardian for minor children in the event of your death.

## Infant and Toddler (0-5)

- Register your child for all government benefits.
- Open an RESP to receive government grants which can provide a \$500/year increase on the money you save.

## The early years (5-10)

- Open a savings account for your child.

- Save the receipts from daycare and extra-curricular programs because they may be eligible for the child care expense deduction.

## Adolescent and Teenager (11-19)

- Talk to your kids about earning, saving and spending wisely.
- Help them to divide their income into areas like current spending and savings for their goals.
- Teach them about loans and good and bad forms of debt.

## Young adult (20-25)

- Discuss budgets and options for how to purchase of their first home.
- Talk with them about savings plans like TFSAs and RRSPs.
- Encourage them to work with a professional to file proper tax returns.

Life can bring joy and happiness along with change and challenges; preparing your children to become financially independent is a great way to help them succeed.

## Beautifying Bankview

### Local Bankview Artists Creating Public Art

Back at the end of June, the Bankview Community Art Review Committee, working together with the This is My Neighbourhood program through the City of Calgary, put out a call for local Bankview artists to help beautify our two local parks.

In mid-July the committee met to review the submissions - what wonderfully difficult thing to do when there are so many exceptionally talented artists who call Bankview home - and selected two artists to transform garbage bins in Buckmaster Park and the Bankview Off-Leash Park. After much consideration the committee selected Chris Pecora and Vince Kogut.

Many of you may know Chris from his mural work on the South East walls of the Community Hall. Chris, who has lived in Bankview for the past five years, is a graphic designer and illustrator. In his own words his vision for this project centres on the neighbourhood parks being "a place where people can meet, enjoy the fresh air, and have conversation about local issues and happenings" and to him "this is a key piece of what makes Bankview special."

As an emerging artist completing his Master of Fine Arts (Visual Art) at the University of Calgary this summer, Vince is working with Bankview for the first time. With his focus on painting and drawing, Vince's open studio practice - where he holds live painting demonstrations - has led him to seek out ways to engage communities through art. Vince expects his work for this project to be grounded not only in his photorealistic style but also in the significant elements of the landscape in Bankview and Calgary.

By the time you're reading this, both Chris and Vince will have engaged the community, created their pieces, and have had their work installed in Buckmaster Park and in the Bankview Off-Leash Park. Watch for photos to be posted on the website and on our social media accounts soon!

Thank you to Chris and Vince for sharing your work and your talent with us. Public art helps to make our inner-city community vibrant and alive - we're grateful to have this new work as part of our urban landscape!

This project is possible thanks to our partnership with the City of Calgary and the This Is My Neighbourhood project and the support of Jenna Findlater, one of our Neighbourhood Partnership Coordinators.

## IN & AROUND CALGARY

### Did You Know?

## Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

**What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!**

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!



## TRIVIA

The stately, sandstone Loughheed House, located in Calgary's beltline, is said to be one of the most haunted places in our city. <http://www.loughheedhouse.com/>



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**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](http://www.communitymediation.ca), 403-269-2707.

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

# Pet Pointers

By Dr. Sara E. Wick BSc., MSc. (Zoology), DVM

While most of us humans are pretty excited to get the kids back to school and get back into our normal routines this fall, there may be a member of your family that is less than enthused about the transition. Canine separation anxiety can range in severity from mild anxiety with no destruction to a condition that results in extreme home destruction, soiling and loud vocalization sure to disturb your neighbours.

Separation anxiety can put a lot of strain on the relationship you have with your pet. I have first hand experience with this one and it's challenging! The following are signs of separation anxiety; destructive or anxious behaviour when left alone, hyper-attachment to you or others in the house (your constant shadow), soiling or destruction aimed at the exit of the house, or if there is high pitched vocalization involved (a distress call).

Dogs diagnosed with separation anxiety can be helped with behaviour modification training. Severe cases may require medication to help ramp down the anxiety while training is occurring or even long term. Some simple things you can try at home if your beloved family member misses you a bit too much during the day include the following:

1. Discourage hyper-attachment by not always petting your dog when they seek your attention. Make attention on YOUR terms when they aren't seeking it. When hanging out together, try to keep more than a meter between you at times and encourage them to entertain themselves with interactive toys (peanut butter filled Kongs are great for this). It sounds like tough love but it's teaching your pet to be self confident.
2. Try to help them relax when you are away by turning on the TV or radio and consider using a pheromone collar or diffuser.
3. Try to make your exit less predictable or noticeable. Believe it or not, everything you do before leaving the house is well noted by Fido. From your last sip of coffee, to turning off the lights and picking up your keys, these are all cues that have taught him/her that you are leaving them. Each move escalates that feeling of dread. Solve this problem by doing these random behaviours multiple times a day when you are home, randomly. You can also leave the house, lock the door for a few seconds and then return immediately. Doing this repeatedly and excessively will teach your pup that these cues aren't so import.

Most importantly, chat to your veterinarian if you are battling canine separation anxiety. It helps to have a pro on your side.



**MLA CALGARY CURRIE  
BRIAN MALKINSON**

2108 B - 33 Avenue SW  
Calgary, AB, Canada T2T 1Z6  
Phone: (403) 246-4794; Fax: (403) 686-1543  
calgary.currie@assembly.ab.ca

Autumn is here, and it's this time of year that we start settling in a bit, the rush of excitement from school starting is over, winter hasn't quite taken hold, and the air has the crispness seldom found through the rest of the year..

In October, Halloween may get most of the press, but for me Thanksgiving is the holiday that defines the season.

Thanksgiving is an opportune time to reflect on where we are as individuals and as a society, to look to where we have been, and imagine where we could be.

Remembering back to the Thanksgivings of my youth, I was fortunate. We always had mashed potatoes and gravy on the table come Thanksgiving time, but as I've grown, I've come to know that thanksgiving is about more than mashed potatoes, Brussels sprouts and turkey.

What makes Thanksgiving a day worth celebrating is people coming together regardless of differences and petty squabbles to reflect on the things we have in our life that make it special. To make thanksgiving, it takes people coming together and sharing.

When I take part in this exercise of thanksgiving, I think about the things I am grateful for. I think about my family and my friends of course, but I also think about those who are less fortunate, I am thankful I live and represent the people in as diverse, prosperous, and vibrant as Alberta.

I am thankful that I have been afforded so many privileges in my life, many of which I'm probably never going to fully be aware of, and I am thankful that I still have a direct connection to the past through my grandparents who have taught me so much about doing the right thing, and helping those in need.

At the end of the month, it is also expected that the Legislature will be sitting again. And while that means that I will be spending more time than usual in Edmonton, my work here in Calgary is never done, I will be out and about in our community, and working with those who are doing the real work to make Calgary Currie great.

Brian

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One Year In

Time sure flies. It has been one year since I was elected to be Calgary Centre's representative in our nation's capital. I had the pleasure of running on an aggressive platform for the middle class and we are well on the way to implementing the changes that we were elected to do. Let me give you an update on some of the projects that we've been working on as a government.

In Budget 2016 our government brought into force the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of Albertan families, and give Calgarians more money to save, invest, and grow the economy. Nine out of ten families will see more money and on the whole this policy change will raise some 300,000 children out of poverty.

As for our commitments to seniors – we moved the chains of justice forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65; and introduced a Seniors Price index to keep OAS and GIS at pace with the rising costs faced by seniors each year. Further to this we increased the Guaranteed Income Supplement for single, low income seniors by 10%, improving the financial security of about 900,000 single seniors across Canada.

Budget 2016 invests \$2.3 billion over two years to give Canadians greater access to more affordable housing. Our Government has already started to engage provinces and territories, Indigenous and other communities, and key stakeholders to develop a National Housing Strategy. This marks a return for the Government of Canada back to the table to play a leadership role in supporting affordable housing.

With regards to my portfolio of Veterans Affairs – my ministry is reopening the nine Veterans Affairs offices closed by the previous Conservative government, along with opening an extra one to continue our commitment to doing more for our veterans. This is in addition to in-

creasing disability benefits, hiring hundreds more front line staff, and delivering on the care, compassion, and respect veterans and their families deserve.

Finally, the energy file this past year has been a focus of this new government with a combined effort by my cabinet colleagues. It is in this whole-of-government approach that we are reforming our regulatory framework, growing Canadians' trust in building energy projects, and working to getting our product to tide-water. By investing in indigenous communities, putting billions into the environment work we do at home and abroad, and improving the process, progress is being made.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter.

BRAIN GAMES

SUDOKU

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



COUNCILLOR, WARD 8  
EVAN WOOLLEY

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

Listening is My Job

As Councillor for Ward 8, my first job is to listen. All of the other work I do; be it reading a report, sitting in a committee meeting, advocating in the media or speaking out for my ward in Council, is totally dependent on hearing your voices. The ways in which I stay connected are about as diverse as Ward 8 itself: Emails, phone calls, letters, newsletters, Facebook, Twitter, Instagram, and community associations are just a few. Of course, nothing beats meeting someone in person, looking them in the eye, and hearing what they have to say.

It's important that I continue this dialogue with you throughout my term in office. I want to hear your thoughts about our Ward 8 neighbourhoods and our growing city. Here are a few subjects to start off our conversation:

Green Cart Composting

Sustainable and thoughtful development is critical for our city's future. By this time next year, all single family homes in Calgary will be provided a Green Cart for composting. While composting might be new to some, the impact it can and will have on our landfills is really significant. Organic waste from Calgarians can be turned into compost can help our city in so many ways. It can go towards bettering our parks, helping small urban farming initiatives like The Alex's Community Food Centre or even offering options for renewable energy.

Affordable Housing

Not only must we accommodate the enormous pressures of growth that Calgary faces, but I believe that our greater community is only as good as it gives to those less fortunate. Therefore, affordable housing is a critical part of my work as Councillor. I'm proud that Council recently approved the Rosedale affordable housing project but that's a small step along a very long path. Some of the most important work we can do as citizens is increasing our capacity for empathy and understanding. Calgary currently has 56,000 people who are one paycheck or one rent increase away from housing instability. So, when you picture someone who is at risk of being homeless, the reality is that it could be someone much closer to you than you think.

Safety in the Inner City

Most of the communities in Ward 8 are within Calgary's inner city. So many of these neighbourhoods are growing and our services have kept up very well with the changes. Our infrastructure needs to adapt as well, and this is why I am pushing hard, for example, to upgrade the underpasses across the CP Rail tracks to make them safer, more convenient and more pedestrian-friendly. We've had some great successes as the 1st Street SW underpass is nearly complete and we've secured funding to start the renovation of the 4th Street SW underpass. We'll continue to work to make walking in the inner city safer and more enjoyable for all Calgarians.

I want to envision and build the future of our city together, and to do that I need to hear your voice. You can get in touch with my office by email (ward08@calgary.ca), Twitter (@EWoolleyWard8) Facebook (Facebook.com/EWoolley.Ward8) phone (403-268-2430) or letter (Historic City Hall, PO Box 2100, Stn. M, #8001B, Calgary, T2P 2M5). And, if you catch me walking on the other side of the street, I hope you'll cross over and say hi. That's what I'm here for.

IN & AROUND  
SCHOOLS

St. Michael School  
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# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month’s publication.**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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



## TRIVIA

Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein. His maker, Dr. Frankenstein, called him “creature” and “demon”.

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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
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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
Social Service Info & Referral	211
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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# This Blood Cancer Awareness Month



# Shine a Light on Blood Cancers

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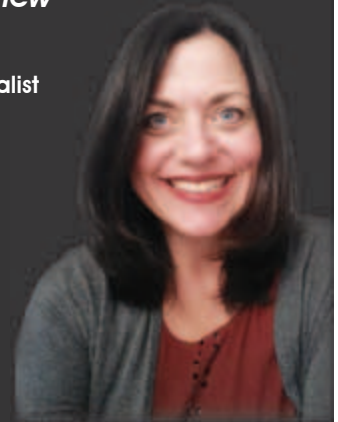


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