

JANUARY 2017

DELIVERED MONTHLY TO 5,700 HOUSEHOLDS

the view at **BANKVIEW**

THE OFFICIAL BANKVIEW COMMUNITY NEWSLETTER





Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer’s disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer’s disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.
Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca
Call (403) 290-0110
Email info@alzheimercalgary.ca



Brought to you by



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BANKVIEW COMMUNITY ASSOCIATION

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Calgary, AB T2T 4M8
Phone: (403) 244-2544
bankviewcommunity@gmail.com | www.bankview.org

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Published by Great News Publishing

Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Bankview Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	
Weather Information	511
Gamblers Anonymous	403-237-0654

BANKVIEW.

BANKVIEW COMMUNITY ASSOCIATION

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Hall Manager: Graham Doyle, 403-245-2658

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Director - Community Garden	Mike Sander

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Social media volunteer	Capri Rasmussen
Stampede Breakfast volunteer	Maureen O'Neill
Development Chair - on leave	Talicia Wagner

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Director / Interim Chair	Megan Mucignat
Committee member	Joan Bloxom
Committee member	Sean Kimak
Committee member	Shawnti Enns
	Tomasz Samborski

GOVT. CONTACTS

Pam McHugh	Neighbourhood Partnership Coordinator
Joy Norstrom	Community Social Worker
Kent Hehr	MP, Calgary Centre
Brian Malkinson	MLA, Calgary Currie
Evan Woolley	Councillor, Ward 8, City of Calgary

POSITION

EMAIL ADDRESS

pamela.mchugh@calgary.ca
joy.norstrom@calgary.ca
kent.hehr@parl.gc.ca
calgary.currie@assembly.ab.ca
evan.woolley@calgary.ca

Special Recognition

Last summer, someone made a difference in our community.

Sarah Duff

Sarah and her two children, aged 3 years and 6 months, attended a baby group play date.

Sarah's 3-year-old could not reach the sink to wash her hands in the bathroom.

Well, Sarah decided to do something about this – she went to IKEA and purchased 2 stools for our bathrooms in order that kids can now reach the sink. How cool is that!

Sarah and her family moved to Bankview in June 2014.

To quote: "We love living in Bankview and really like the active CA group. We're excited to see the neighbourhood grow and develop, especially some of the environmentally conscious developments that are planned."

Thank-you, Sarah, for the gifts – we look forward to seeing your children grow up and enjoy our community.

Please check the Facebook page for dates of monthly Board Meetings



Matthew Worona

Matthew Worona is Bankview Community Association's new Community Coordinator. Before joining the Bankview Community Association, he worked at the City of Toronto while volunteering with a number of not-for-profit organizations mostly focused on transportation, electoral reform and city-building initiatives. Past projects include developing the Toronto Road Mural Pilot, delivering Atlantic Canada's first Participatory Budgeting program and fundraising and creating a network of bike repair stands in Halifax. Any spare moments consist of bike rides, baking the perfect loaf and cozying up with a good book. Matt holds an Undergraduate Degree in Commerce with a Major in Marketing from Dalhousie University. Introduce yourself if you see him around the neighbourhood or shoot him an email at bankviewcommunity@gmail.com.



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA

PRESIDENT'S MESSAGE

I am a person that makes New Year's resolutions, but only recently did I start keeping them! I discovered that I need to trick myself into making the resolution achievable. Two years ago, I decided to become a morning person. I found a gym within walking distance, signed up for their 6am classes and recruited a workout buddy who lives enroute. Today, we have two gym choices in Bankview: Union Athletica and Revive Fitness, we and have met some fellow early morning workout buddies who are also residents of our community. Last year I vowed to finish unfinished projects. For an artist like myself, this was a challenge, but I made it possible by cleaning my studio and putting all the unfinished work in visible places. I also haven't allowed myself to buy new supplies "just in case". This resolution has been so successful that I have rekindled my love for knitting and sewing, am drawing and painting regularly and am considering ways I can bring together the creative folks in our community through a regular event at the hall. Stay tuned!

Whatever your personal resolutions are, I hope they might include Bankview. The Board is gaining so much momentum with the implementation of new processes that have streamlined our work and helped focus our priorities. We were honored to give back to the community at the end of 2016 by making over \$2000 in donations to the Food Bank, the Veterans Food Bank and in support of Bankview seniors in need. We have hired Matthew, our new Community Coordinator, who brings incredible ideas from his work with the City of Toronto and various non-profit groups. Initiatives, such as those made possible through the This Is My Neighbourhood program are nearly done and when the weather improves, you can expect to see more custom garbage bins painted by local artists and new lights in Buckmaster Park. We are beginning discussions for our AGM and are excited to share what we've accomplished and where we are headed. If you would like to be a part of the momentum in 2017, let us know!

Kate
president@bankview.org

JANUARY COMMUNITY EVENTS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6	7
am	Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220				Yoga with Valerie 403-243-3003 9am - 11am		Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
pm			Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	Tai Chi 6 - 8 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
	8	9	10	11	12	13	14
am	Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	Yoga with Valerie 403-243-3003 9am - 1pm	Yoga with Valerie 403-243-3003 9am - 11am	Seniors Fitness Class 10 am - 12 noon	Yoga with Valerie 403-243-3003 9am - 11am		Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
pm			Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	Tai Chi 6 - 8 pm Executive Meeting 7-9 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
	15	16	17	18	19	20	21
am	Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	Yoga with Valerie 403-243-3003 9am - 1pm	Yoga with Valerie 403-243-3003 9am - 11am	Seniors Fitness Class 10 am - 12 noon	Yoga with Valerie 403-243-3003 9am - 11am		Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
pm			Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	Tai Chi 6 - 8 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
	22	23	24	25	26	27	28
am	Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	Yoga with Valerie 403-243-3003 9am - 1pm	Yoga with Valerie 403-243-3003 9am - 11am	Seniors Fitness Class 10 am - 12 noon	Yoga with Valerie 403-243-3003 9am - 11am		Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
pm		Pat Gomes 403-247-1509 7 - 10 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	Tai Chi 6 - 8 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
	29	30	31				
am	Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	Yoga with Valerie 403-243-3003 9am - 1pm	Yoga with Valerie 403-243-3003 9am - 11am				
pm			Brady Academy of Irish Dance 403-630-3384 6 - 9 pm				

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/ 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



2016 Pumpkin Carving and HallowAfter IV

Thank you – Jarett Henderson

By the time, you read this, Jarett will be lounging on the beaches of California while we are here in the middle of winter!

When Jarett started volunteering as a board director, he realized the community had only one annual event, our Stampede Breakfast. He had a vision for many others. One of the most successful events is our annual pumpkin carving and the HallowAfter in Buckmaster Park which is now in its 4th year.

This year over 150 lighted pumpkins were placed throughout the park. As the weather cooperated, many residents came out and enjoyed the night including a fire pit, roasted marshmallows, coffee, hot chocolate. Young families with strollers and dogs everywhere – it was a sight to behold!

Well, now Jarett is on to a different perspective in his life, but we will always thank him for showing us how to make our community a better and more active place.

Jarett was there to guide and enrich our community. Our community awareness has been elevated to the next level by having Jarett as our President.

Thank-you, Jarett and best wishes for your next venture.



Good Food Box

Once a month why not pool your money with neighbours?
Buy a Good Food Box for \$25 / \$30 / \$35.
Fresh fruit; tasty vegetables.
More food; less money.

Email or call for order dates and times.
Joy.norstrom@calgary.ca
403.809.8378
VOLUNTEERS NEEDED

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 10

Name	Age	Contact	Course
Ashlee	12	403-835-4548	Yes
Catherine	28	514-293-1395	Yes
Cindy	23	587-432-6587	No
Elaheh	44	403-808-7083	Yes
Gitta	66	403-400-1210	No
Henry	16	403-719-8282	Yes
Izzy	17	403-483-1218	Yes
Rebecca	22	403-703-2219	Yes
Sarah	17	403-671-7724	No
Tania	25	403-707-7127	Yes
Tara	33	587-500-4947	Yes
Victoria	33	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.

BRAIN GAMES

SUDOKU

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

Calgary Foundation Grant

Look what's happening in Bankview...
 A group of Bankview seniors applied for and successfully received a grant through The Calgary Foundation! They will use these funds to organize a weekly class with local artist, Vania Dimitrova. The class will be free for participants. Watch for a community celebration of the completed art projects later this spring.



JANUARY MOON CALENDAR

First Quarter
Jan 5

Full Moon
Jan 12

Last Quarter
Jan 19

New Moon
Jan 27

SAFETY SYNC
 ONLINE SAFETY MANAGEMENT SYSTEM
 "An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."
Enform IRP 9 (Revised)
safetysync.com
 403.668.6402

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.

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 Valid until Feb. 28, 2017

YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.

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 - www.christianscience.ab.ca
All are welcome

Open: Monday - Saturday

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STAMPEDE PARK BMO CENTRE

The Calgary Boat and Outdoors Show is Southern
Alberta's Biggest and Best Boat and Outdoors Show!
More info www.calgaryboatandoutdoorshow.ca



FEB. 25 – 26
2017 ISU WORLD SPRINT SPEED
SKATING CHAMPIONSHIPS AT
OLYMPIC OVAL

The Organizing Committee Calgary will be
hosting the 2017 ISU World Sprint Speed Skating
Championships at the Olympic Oval from Feb.
25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE:
TOM COCHRANE AT NATIONAL
MUSIC CENTRE

See important artifacts in Cochrane's acclaimed
career, including the 1963 Gretsch guitar, used by
Cochrane in the music video for 1988 single "Big
League". More info www.studiobell.ca



YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral
videos Pat Kelly and Peter Oldring are hitting the road with
a new version of their popular live show - This Is That LIVE! If
you have ever been curious how just two guys provide all the
voices for this completely improvised radio comedy, well this
is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper
Mezzanine, 10 am – 5:30 pm

Whether you're a seasoned player or just curious about this
type of role playing game, this D&D meet-up could be for
you. Join this group who are dedicated players and welcome
everyone, and with multiple ongoing campaigns new
dungeon masters are encouraged to step up as well. More
info <http://dnd.meetup.com/157/about/>

Feb. 14 – 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly
different worlds find themselves locked in a dangerous battle
of opposing ideologies and mutual desire. At times deeply
personal, at times shockingly confrontational, this is one of the
greatest intimate plays ever written. Watch, up close, as the
embers of a broken relationship spark, ignite, and illuminate
exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees
were afforded the opportunity to sample hundreds of
red, white, port, sparkling, fruit and dessert wines from
15 different countries! To complement the delicious sips a
selection of palate pleasing hors d'oeuvres will be served,
along with a variety of tantalizing bites available from local
businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at
various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun,
family-friendly fundraiser that raises money for the hungry,
homeless, and hurting across Canada. Coldest Night of the
Year 2017 officially launches on December 1, 2016, but you
can register now! You'll see more and more features magically
appear on the site as we get closer to launch. More info and
registration www.canada.cnoy.org



Community
Gardeners

As the Bankview Community Gardeners work through
the dark months to plan for 2017, we're proud to look
back and share everything we accomplished together
in 2016. If you spent time in Upper Buckmaster Park
last season, you probably saw these additions being
worked on by our garden volunteers:

- We took the first steps to creating a Food Forest by
planting apple trees, raspberries and Saskatoon berry
bushes. Over the next few years more low-main-
tenance food and medicine plants will be added to
create a self-sustaining grove for all our neighbours
to enjoy.
- Our garden shed was donated and replaced with a
beautiful new greenhouse, fully funded and hand-
built by our gardeners and neighbours. This fine
structure will be used to house our gardening tools
and grow hothouse vegetables through the summer.
- With the support of Village Brewery, we built a trellis
and planted a hops bed at the north end of the gar-
den. As this grows it will provide hops for delicious
local beer and a shady spot to take a break and enjoy
the park!

We're always looking for people to join us – whether
you like to plant a bed of your own, help add to the
garden, or just get to know your neighbours better.
Visit us at Bankview.org or send an email to garden@bankview.org.



Bankview Real Estate Update

Last 12 Months Bankview

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$834,900.00	\$825,000.00
October 2016	\$636,000.00	\$615,000.00
September 2016	\$209,000.00	\$205,000.00
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

Last 12 Months Bankview

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	3	1
October 2016	5	1
September 2016	3	3
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

To view more detailed information that comprise the above MLS
averages please visit bankview.great-news.ca



Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

5. Have high standards. Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.

6. Learn to repair and exit the argument. Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.

7. Focus on the bright side. In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.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.

FLOW IS A DIFFERENT KIND OF HAIR SALON: Relax into soft jazz, fine art, and a chaos-free atmosphere. Jay Lamb has 30 years of experience in salons such as The Ginger Group and Angles. FLOW is a home-based salon in the Marda Loop area. Haircuts \$52. 403-281-1704. www.flowhairsalon.com.

GARBAGE AND JUNK REMOVAL SERVICE: Anything, anytime hauled away to the dump. We also do small moves and site clean ups. Large one ton truck with super large dump box. Rates start at \$85, dump fee included! Fast service. Call Mike at 403-816-5750 or Hop-Sing at 403-246-7613.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.



CALGARY
PUBLIC
LIBRARY

CALGARY PUBLIC LIBRARY

Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddle Towne | Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join *Bill's Book Café*! Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of *The Sisters Brothers* by Patrick deWitt.

Alexander Calhoun Library
Friday, February 24 | 7:00 pm



**MLA Calgary Currie
Brian Malkinson**
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The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythroneura)
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAYER PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



**Councillor, Ward 8
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Housing and Homelessness

Happy New Year! I woke up this morning to an email in my inbox from the Calgary Homeless Foundation announcing their Preliminary Point-in-Time Count results for 2016. While our eyes are all pointed towards 2017 and the promise and excitement that a new year brings, this email was a reminder of the great work we've been doing over the past 8 years. The information released by the Calgary Homeless Foundation Count shows that in Calgary homelessness has decreased by 11% since its peak in 2008 – something that no other urban city has done.

I am proud of all of the incredible social organizations, volunteers and donors who have truly made history when it comes to homelessness in our city. But, I'm also aware that while we've done a great job in serving people experiencing homelessness we still don't have enough appropriate housing for our vulnerable citizens. I am still determined as ever to do what I can as the Councillor for Ward 8 to continue to make Calgary a great place to live for everyone. We will need to continue to build a future from our shared dreams and strengths, not our precedents. We need to continue to embrace progress and keep working our butts off in order to achieve it. This is no easy feat, and it will require all of us to pitch in. Here's how you can help.

Volunteer

There are many organizations across Calgary that care for those who don't have a place to stay, and all of them rely on volunteers. It is not only important for us as citizens to help out where we can, but it is personally enriching and rewarding as well. Serve lunches and suppers, teach a child to read, assist with special events. There are a number of groups you can approach, but aside from the obvious four (The Mustard Seed, The Drop-In Centre, Inn from the Cold, and Alpha House) a good start is the Calgary Homeless Foundation's list of all agencies they fund – visit calgaryhomeless.com.

Donate

Donate your used clothes, purses, backpacks, bedding, curtains, towels and shoes at locations all around Calgary. An easy way to find out where to go is to contact

the Alberta Recycling Hotline: call 1-800-463-6326 or visit recyclinghotline.ca.

Make Your Voice Heard

To solve the complex issues of affordable housing and homelessness, we need new energy and fresh ideas. We need you to speak up and speak out, and join the conversation about how we can end homelessness instead of just bandage it day after day, year after year. Write me. Join your community association. Reach out to those who live on the street, or in a shelter, or in affordable housing. Help build inclusive communities and a compassionate city – it all starts with you and your voice.

As always, please don't hesitate to contact me by email (ward08@calgary.ca), phone (403-268-2430) or on my website (www.calgary.ca/ward8). Let's be real. Let's be smart. Let's be bold. Let's tackle these challenges once and for all.

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Approving, and Building, Energy Projects

As Prime Minister Justin Trudeau wrote in his mandate letter to my colleague Natural Resources Minister James Carr: “it is a core responsibility of the federal government to help get our natural resources to market...” It is a clear direction, by both this government and yours truly, to gain access to tidewater for Alberta’s products and to exporting energy abroad, and was why we approved both Trans Mountain and Line 3 on November 29th, 2016.

However, as the Prime Minister has emphasized time and time again, the only way to get resources to market in the twenty-first century is if they are done **sustainably** and **responsibly**. The environment and the economy are two sides of the same coin, and it is not possible to achieve long term economic success without having the trust of the Canadian people, support by Indigenous Peoples, and allaying local concerns.

This is why we are working with the provinces and territories to develop a Canadian Energy Strategy. It’s why our government has committed \$1.5 billion over the next five years to have a world-leading Oceans Protection Plan to safeguard our coasts and invest in the transportation corridors that gain access for all of Canada’s products abroad.

It’s why our government is moving forward with putting a price on carbon pollution, which will give us a competitive edge internationally and incent the marketplace to innovate to build a clean-growth economy. This will also have the additional effect of safeguarding Canadian’s health and clean air, and bring new and exciting job prospects for middle-class Canadians.

It’s why, in the fall of 2016, our government approved Pacific Northwest. This project has an estimated total capital investment of up to \$36 billion and is one of Canada’s largest resource development projects. This project will provide some 4,500 middle class jobs during construction and 630 indirect/direct jobs during its operation.

It’s why we are ensuring the environmental risks linked to development are addressed by industry before projects proceed. The Canadian Environmental Assessment Agency took in a ground-breaking 34,000 comments from the public, and was granted a three-month extension to the time-

line to ensure we had the science right. Northwest will be required to comply with specific mitigation measures that will minimize adverse effects on fish habitat, wetlands, human health, and on Indigenous peoples. And for the first time ever, annual greenhouse gas emissions for the project have been capped at a maximum level that is substantially lower than initially envisaged for the project.

These decisions reflect our promise to work with provinces, indigenous peoples and Canadians to find practical solutions that will grow our economy, create good jobs and protect our environment for future generations.

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 and sign up for my e-newsletter at www.KentHehrMP.ca.



Free ESL Classes

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Get the full update at www.KentHehrMP.ca/pipelines



“ This is how we build pipelines. After pounding the pavement in the election, earning the trust of Calgary Centre, and taking the movement to Ottawa, we pounded the table for a better way forward.

Calgarians and Albertans alike have been waiting for this announcement for a long time. After a decade of inaction, we are finally seeing progress on this file thanks to the leadership of our Prime Minister and my cabinet colleagues. **We are moving forward** on Canada's energy future.

- Kent Hehr, MP
Calgary Centre

Below is what we are doing to make sure we bring both the environment and our economy together.

Read more about Canada's Pipeline Plan at www.KentHehrMP.ca/pipelines.

> Investing \$1.5 Billion into a world-leading **Oceans Protection Plan** to protect our coasts, rather than cut ocean science and monitoring programs like the previous government.

> **Reforming the NEB** to ensure that it reflects regional views and has sufficient expertise in relevant fields like environmental sciences, community development, and traditional Indigenous knowledge.

> Implementing a price on **carbon pollution** — like the one supported by Preston Manning and others — to not only create a vibrant innovation economy but to reduce harmful carbon pollution.



An update from Kent Hehr, your Member of Parliament for Calgary Centre
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Get the full update at www.KentHehrMP.ca/pipelines