

MARCH 2017

DELIVERED MONTHLY TO 5,700 HOUSEHOLDS

# the view at **BANKVIEW**

THE OFFICIAL BANKVIEW COMMUNITY NEWSLETTER







# KidneyMarch

**September 8 – 10, 2017**  
**3 Unbelievable Days • 100 KM**  
**From K-Country to Calgary**

Each day 15 Canadians get the devastating news that their kidneys have failed.  
Join us in a movement that is changing the face of kidney disease.



Come to our Expo April 23  
**kidneymarch.ca**  
**1.866.956.2724**

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## 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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## 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	511
Weather Information	511
Gamblers Anonymous	403-237-0654

# BANKVIEW.

## BANKVIEW COMMUNITY ASSOCIATION

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

### Board of Directors 2015-2016

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Director	Michelle Kembal
Director - Development	Megan Mucignat
Director - Policy (ad hoc)	Kendall Moholityn
Director - Community Garden	Mike Sander
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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	POSITION	EMAIL ADDRESS
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Joy Norstrom	Community Social Worker	joy.norstrom@calgary.ca
Kent Hehr	MP, Calgary Centre	kent.hehr@parl.gc.ca
Brian Malkinson	MLA, Calgary Currie	calgary.currie@assembly.ab.ca
Evan Woolley	Councillor, Ward 8, City of Calgary	evan.woolley@calgary.ca



## CALGARY PUBLIC LIBRARY

### Book Discussion Groups

Our NEW Book Discussion Groups happen at every community library and feature new books and topics every month. No need to register—just drop in and travel the world of ideas with your neighbours! Visit [worldofideas.ca](http://worldofideas.ca) for details.

### Bill's Book Café with David Ward

Take in *Bill's Book Café* with Library CEO Bill Ptacek and CKUA's David Ward. It's guaranteed to be a lively discussion of *Chronicles: Volume One* by Bob Dylan. Memorial Park Library  
 March 21 | 7:00 pm

### Download and Enjoy:

Music, Magazines, and Film  
 Want to download or stream free music, magazines, and films from the Library, but not sure where to begin? Learn how to access our ever-growing collection on your device using Zinio, Hoopla, Flipster, and Freegal.

To register, visit [calgarylibrary.ca](http://calgarylibrary.ca).

### Free Online Courses

Learn online with [Lynda.com](http://Lynda.com), an on-demand online learning service with 4000+ videos, featuring technology, design, professional development courses, music lessons and more—all for FREE with your Library card!


Please check the Facebook page for dates of monthly Board Meetings

# AGM

**Bankview Community Association Annual General Meeting**

*Dotmocracy!*  
*Fun By-law changes*  
*Coffee, Tea, and Snacks*  
*Gail will review the financials*  
*Help elect a New Board of Directors*  
*Recap of all the amazing stuff we did*  
*Tell us what you'd like to see in Bankview*  
*This year we won't force you to join the board,*  
*We promise.*

Where? Bankview Community Association (2418 17 St SW)  
 When? Wednesday, April 19th  
 Info and RSVP at: [bit.ly/BankviewAGM](http://bit.ly/BankviewAGM)  
 Refreshments generously donated by Our Daily Brett.



## PRESIDENT'S MESSAGE

March in Calgary always makes me think of these wise words from Charles Dickens in *Great Expectations*. He wrote "it was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." Our little east-facing bungalow doesn't get much light during the day, so when Spring arrives and brings with it the longer days, our house, and really, the whole community, seems to exhale. Thoughts start to turn to gardening, yardwork, repairing camping gear and spring cleaning to let the fresh air in. Your Bankview CA has got you covered this spring with the return of the Spring Clean-Up on April 23, 2017 from 10am-2pm. This event is a great opportunity to finally get rid of that broken dresser abandoned under your stairs or the bike you never rode, now with a flat tire on your balcony. In partnership with the City of Calgary, Bankview opens up the soccer field for waste disposal and recycle vehicles, so that you can save yourself a trip to the dump and bring everything to them instead. The event details are being worked out, but we are hoping to divert as much from the landfill as possible and are working with local community groups to have clothing donation bins, used books, bike donations, electronic recycling etc.. on site. Not just any old clean-up, the event is always lots of fun and a chance for neighbors to celebrate the start of spring with food, drink and fun. If you are interested in helping out, volunteers are always needed. Register today at: <http://www.bankview.org/volunteer/>

Have you nominated your amazing neighbor yet? You know, the guy that shovels your walks when you are on vacation or the gal that brought your family soup during the last round of the flu? Bankview is the first neighborhood in Calgary to have Good Neighbor Awards and there has been lots of buzz in the media. It is easy to nominate that unsung hero. Visit <http://www.bankview.org/awards/> and celebrate someone in your building or on your street today!

Lastly, as the snow starts to melt, the streets, sidewalks and parks see extra use. Please remember that

Bankview has a great off-leash Park just West of 17A Street and that the soccer fields, playgrounds and Buckmaster Park are not places for pooches to run around in. Everyone is excited to run around outside, now that we can, and so let's work together to ensure our spaces are safe and clean for all to use.

Looking forward to meeting you at the April AGM—save the date for April 19. We will be using part of the time to get the community's thoughts on 2017 priority projects and we'll be electing new volunteer board members too. Give me a shout if you are interested in finding out more,

Kate

[president@bankview.org](mailto:president@bankview.org)

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 26



**Sign up for a \*Free\*  
Bankview Membership  
in March  
for your chance to win a  
\$50 Luna Blue gift card**

[www.bankview.org/membership/](http://www.bankview.org/membership/)



**Thanks Luna Blue!**



**Save the Date!**

**April 23, 10 - 2pm**

**Bankview Community Hall**

**Bankview  
Community  
Cleanup**

# BANKVIEW GOOD NEIGHBOUR AWARDS NOMINATIONS

The Bankview Community Association is hosting "The Bankview Good Neighbour Awards" to extend gratitude to neighbours who inspire and improve lives throughout their community through their small acts of kindness to those around them and through their efforts to make their community a better place.

The Bankview Good Neighbour Awards are an open call for Bankview residents to nominate a good neighbour whose actions create a vibrant and connected neighbourhood. It is important to recognize the simple acts of human kindness that occur between neighbours.

To nominate you neighbour go to: [bankview.org/awards](http://bankview.org/awards)

## Capri Rasmussen & Jason Auch

I'd like to nominate Bankview's neighbourhood vegans, Capri & Jason, for the best neighbour award. Bankview has SO many incredible neighbours, but Capri & Jason stand out for their random acts of kindness and constant generosity. Capri is always showing up on our doorstep with her famous baked goods fresh out of the oven. Jason is known as the neighbourhood 'heavy lifter' and is always willing to lend a helping hand to anyone in need. When Capri & Jason found out that we were volunteering with a Syrian refugee family nearby they went out that night and bought the three children armloads of clothes, shoes, and school bags. Their generosity was so

unexpected and all the items were so thoughtfully chosen. They started off as neighbours and have since become our friends. They are some of the kindest, sweetest, and most thoughtful people we know.

Nominated by Melissa Hauzer

## Ghaiss (Rez) Hajj

I'm happy to nominate Ghaiss (Rez) for the good neighbour award, it's an easy choice.

Since arriving on our street about 5 years ago (?) he's done so much to try promote togetherness and community. Annually, he organizes a BBQ/social at his house and invites all the neighbours, serving food, hosting several local bands, and dealing with all the planning and cleanup. He has a vegetable garden that provides more than he and his family can eat, so he's happy to share the extra. He also has offered up the use of his garage and tools to neighbours that would like to borrow them. Need a truck to move a sofa, take waste to the dump, or pick up something large that won't fit in your car? He'll lend you his truck, that I've only seen other people use, to get it done.

Nominated by David Ronneberg



**A** shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>

# MARCH COMMUNITY EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				Yoga with Valerie 403-243-3003 9am - 11am	Seniors Fitness Class 10:45 am - 12 noon	Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
				Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
5	6	7	8	9	10	11
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 - 1pm		Yoga with Valerie 403-243-3003 9am - 11am	Seniors Fitness Class 10:45 am - 12 noon	Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	Board Meeting 7-9 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
12	13	14	15	16	17	18
Christ Power Bible Church 10 am-12:30 pm	Yoga with Valerie 403-243-3003 9am - 1pm	Yoga with Valerie 403-243-3003 9am - 11am		Yoga with Valerie 403-243-3003 9am - 11am	Seniors Fitness Class 10:45 am - 12 noon	Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
	Board Room Development Committee 7:00 - 9:00 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
19	20	21	22	23	24	25
Christ Power Bible Church 10 am-12:30 pm	Yoga with Valerie 403-243-3003 9am - 1pm	Yoga with Valerie 403-243-3003 9am - 11am		Yoga with Valerie 403-243-3003 9am - 11am	Seniors Fitness Class 10:45 am - 12 noon	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		
26	27	28	29	30	31	
Christ Power Bible Church 10 am-12:30 pm	Yoga with Valerie 403-243-3003 9am - 1pm	Yoga with Valerie 403-243-3003 9am - 11am		Yoga with Valerie 403-243-3003 9am - 11am		Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
	 Idea Session 7-9 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		



# Bankview Good Neighbour Awards

*Neighbours are the people that make  
neighbourhoods feel like home.*

*Does your neighbour:  
Say hello every morning  
Stop by with extra baked goods  
Shovel your walk in the winter*



**Nominate Yours!**  
[bankview.org/awards](http://bankview.org/awards)



Calgary



## Bankview Seniors Fitness

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

**Date:** Friday's January 18 – May 24 2017

**Time:** 10:45am – 12:00pm

**Location:** Bankview Community Centre  
2418 17<sup>th</sup> Street S.W.

**Fee:** FREE for all participants

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](mailto:Kristina.delcorro@calgary.ca)

The City of Calgary | P.O. Box 2100 Stn. M | Calgary, AB, Canada T2P 2M5 | [calgary.ca](http://calgary.ca)



# Turning Bankview's Forgotten Spaces into Places

Matt Worona is the Community Coordinator for the Bankview Community Association and runs the blog: [sneckdowncalgary.com](http://sneckdowncalgary.com)  
Email: [mattworona@gmail.com](mailto:mattworona@gmail.com) to get in touch.

By Matt Worona

For the next few months we will be focusing on forgotten spaces in Bankview and re-thinking how to make them work for our community.

The intersection of 18 St and 25 Ave SW in Calgary's Bankview is quiet and sleepy through and through. No bus routes or large vehicles use it on a regular basis.

Currently the intersection is made to be overly wide as it curves in an attempt to connect more seamlessly with the next section of 18 St. a couple houses down 25 Ave. In reality this curve adds unnecessary size and complexity to a quiet residential intersection. Results of this can be seen with the enormous crossing distance on the south side of the street. The crossing here measures roughly 44 meters, which is equivalent to crossing a 11 lane highway.

*Grandma better have her hiking shoes on.*

The City of Calgary has even deployed some traffic calming here, similar to what they piloted in Erin Woods. At this intersection, the traffic calming device is essentially an oval concrete block with a stop sign attached to it that acts as a lane divider. This helps to ensure motorists make turns within their own lane instead of taking the turn at a smoother, faster speed by cutting into oncoming traffic. It's a decent quick fix to end that one bad habit, but

the problems aren't close to solved as the crossing for pedestrians remains unnecessarily long and residents are left with wide lanes that incentivize speed over safety.

Here are photos of the intersection 6 hours after a snowfall. I have outlined the curbs and the areas of untouched snow to make it easier to understand what's happening:



When you look at the snow covered street they give you a good sense that much of the space is unused but not a great sense of how that space can be re-purposed or used more effectively. The unused snow covered areas are scattered around the intersection.

In this image on the left, we've outlined where the turns are that can be made at this intersection using the tracks in the snow from the images taken after a snowfall.

Through the redesign below we've compressed the intersection. The compressed intersection still enables turns from large vehicles while unlocking space and building a safer more predictable intersection for all road users.



We've ensured semi trucks can make the turns with the assumption that these vehicles can use the oncoming lanes to make the turn. This is an assumption made in many Canadian cities when designing streets that don't see heavy truck traffic. This is true especially where widening lanes to ensure occasional 18-wheelers can make all turns in their own lane would negatively impact pedestrian safety. Learn more about corner radii here.

The end result here with the redesign is 3500 sq. ft. of reclaimed space, an intersection that has been squared up nicely and the pedestrian experience has been improved dramatically. The crossing distance where pedestrians are most exposed has been reduced by 85%. It's pretty stunning.

Where the curb extensions are, residents would lose 5-6 parking stalls and they would gain 3500 square feet of space to do as they wish.

I would love to see this space transformed into a little neighbourhood plaza or gathering space. In the short term, an inexpensive fix would be to use temporary materials like paint, bollards, and road markings precisely the way Seattle did in this example at Brace Point Drive and 45 Ave SW.





- Help us breathe life into big ideas for Bankview.
- Community Garden Expansion - Public Art Explosion -
  - Wayfinding Signage - Winter Rink - Traffic Calming -
  - Open Studio Art Nights - Calgary Tool Library -
  - 21 Ave Bikeway - Animating Empty Lots -

# Bankview IDEA FAIR

March 27th @ 7pm  
Bankview Community Hall  
2418 17 St SW




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Valid until April 30, 2017

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THE ART AND SCIENCE OF PURE FLORALS AND PLANT ESSENCES

## Bankview Good Food Box

Make your money go further  
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- 20 lbs. box : \$25
  - 30 lbs. box : \$30
  - 40 lbs. box : \$35
- Drop off payment :** 6 pm - 8 pm @  
1451-21 Ave. SW (unit 112)
- Pick up box :** the following week

Payment Date: *cash only*	Pick-up Date:
Monday, March 27	Wednesday, April 5
Monday, May 1	Wednesday, May 10



Questions? Email BankviewGFB@gmail.com



**A** shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>





# The Story of Bankview's Area Redevelopment Plan (ARP) Part 2

## DEVELOPMENT IN OUR COMMUNITY

*Continued from the last issue...The Story of Bankview's Area Redevelopment Plan*

With the plan complete, it was submitted for Council approval. Long standing Alderman Barb Scott, a resident of our community, guided the process and quietly backed the plan. It was approved by council December 7th, 1981. The plan was interesting in that it clearly identified conservation areas of single family homes while not freezing out redevelopment. Importantly, also identified was a need for more green space, and a need for some key restrictions on through routes through the community. Commercial areas were to remain, but an effort was made to limit the extension of the strip commercial development up both 17th Avenue and 14th Street. Key open spaces were protected and areas for expansion of existing spaces were proposed. Key locations for mini-parks and playground were set out.

The ARP has had two or three minor amendments since then, but in general, the plan has held up well. The main impact was to immediately provide stability for the conservation areas, and assured development potential for the higher density areas. The long term impact of the density blend has been to provide Bankview with probably the most diverse combination of housing types, characteristics, and lifestyles in the City.

As a Public Service Committee and a development review group, the Bankview representatives have tried to stay away from discussions of style and appearance, but have insisted on projects that recognize the conservation areas, respect their neighbours, and add values to the community as a whole.

Major infrastructure improvements have been implemented since the introduction of the ARP including, Nimmons Park between 17 and 17A Streets at 19th Avenue has been created with the Katie Ohie sculpture landmark, the Buckmaster Park between 21st and 22nd Avenue created, and now Buckmaster Park south between 22nd and 23rd Avenue. The closure of 19th Avenue at 17A Street, 16A at 21st Avenue, and now 20th Ave at Buckmaster Park has greatly reduced traffic and allowed for a continuation of the park and a place to bring back hockey, albeit ball hockey, to our community.

The Bankview Community Association, Public Service/Development Committee still receives 10 to 12 development proposals a year, and an active committee of up to 10 community volunteers takes turns reviewing them and meeting with the developers under the able guidance of the Development Committee Chair. Other projects assisted by this committee include the continued development of the new parks, traffic studies, heritage street names, and by-law enforcement.



# Cargo Bikes, the new Minivan

*By Sean Carter, Bike Bike owner and Bankview resident*

Many individuals and families have begun to question the convention of driving their car for every single trip in the city due to tightening budgets, growing ecological awareness, worsening traffic, and a desire to lead a more healthy lifestyle. Getting rid of the family car or reducing the number of cars your family owns can seem daunting in our winter city. Kids need to get to school, groceries need to be picked up, and life needs to continue. Luckily for you, there is another way to get these things done – it's called a "cargo bike" and your family needs one. Seriously.

Here are some of the great things about cargo bikes - no need for insurance, no parking tickets, door-to-door parking when you go shopping or run errands, no visits to the gas station ever again, better fitness, your children will love it, you can model behaviour for them on how to get around a city without a car - (studies show lazy parents = lazy kids), you'll never get stuck in traffic, and on and on and on and on...

Cargo bikes come in 2 main styles - "Long tails" and "Box bikes". Long tail designs are basically what they sound like: a longer wheelbase bike that carries the majority of the weight behind the rider in a custom cargo area. Box bikes are also longer than standard bikes but carry the weight in front of the rider in a big box or on a deck. As a general rule, long tails tend to be more affordable than box bikes but box bikes tend to carry heavier loads better than long tails. Of course, both styles are heavier than regular bikes but tend to ride nicely even without a load.

Long tails are designed to carry a rider - and another 200+lbs! That's you and your lover! Or you and your kids with 2 weeks worth of groceries. Or you, and all your tools if you are a trades-person. These bikes are well suited to daily use as well with wide gear ranges for climbing hills and great braking systems for bombing down the other side.

The obvious difference with box bikes is that the load is carried in front of the rider instead of behind, and usually the load is situated quite low on the bike giving the bike a unique and fun riding characteristic. The steering is handled by a linkage running from the rider underneath the box to a small front wheel. This steering arrangement is one of the things that make these bikes so fun to ride - the ride is hard to describe but I would try by saying they are fun and comfortable. One thing I really like about these style of bikes for carrying kids is that they sit directly in front of you making conversations very easy and keeping an eye on them is a snap too. These bikes also have wide range gearing and great brakes.

*Bike Bike carries many varieties of cargo bike. If you're interested, pop into their Bankview shop and they'll set you up with a test ride to figure out if a cargo bike is right for you.*

*Sean Carter runs Bike Bike, our neighbourhood bike shop, and is a proud Bankview resident.*



## WOMEN'S ENGLISH & SOCIAL GROUP



### Meet your Neighbours & Practice English!

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city, including Shaganappi Library, Mardaloop, and 2 downtown locations! Groups meet once a week for 2 hours to practice English, make new friends and have fun! No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit [www.ciwa-online.com](http://www.ciwa-online.com) for group locations and times or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com) or 403-444-1752

**Debra Colley, Program Coordinator**  
**New Friends and Neighbourhood Groups**  
**Calgary Immigrant Women's Association**  
**Phone: 403-444-1752**  
**Email: [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com)**  
**Visit our website: [www.ciwa-online.com](http://www.ciwa-online.com)**



## Timbits Soccer Program

*2017 Timbits Soccer season is nearly upon us, which means it's time to renew your membership!*

Timbits soccer is a parent-assisted program for children aged 4 to 8 years. U4 – U6 play at the Glengarry dry pond, U6 - U8 play at the Richmond School pitches. We play in May and June, Saturday mornings between 10 and 11AM.

There will be a wrap up party for players and siblings on the Final Saturday.

The program is open to families with a current Community Association membership and is for the primary benefit of Killarney Glengarry, Richmond Knob Hill, Bankview and Rutland Park/ Currie Barracks. The cost is \$40.00 per child plus membership.

Registration can be expected to open on February 15th on [www.richmondknobhill.ca](http://www.richmondknobhill.ca)

For more information contact Cecile at [communications@richmondknobhill.ca](mailto:communications@richmondknobhill.ca)

**Off the Menu**  
 Dry swallowing one teaspoon of sugar can commonly cure hiccups

Celebrating 150 years of Canadian Wildlife!  
**Saskatchewan**  
 Who Am I?  
 Sitting by the water, quiet as can be,  
 Don't be fooled, that's not a rock, that lump is really me!  
 I've skin that's green and slippery, with spots upon my back.  
 A little like a leopard, I've lots of spots of black.  
 Waiting by the water, hungry as can be,  
 Suddenly my sticky tongue is longing to be free!  
 An insect buzzes by me, I leap without delay...  
 Zap! I trap him with my tongue, then munch the day away!

Garter Snake    Grasshopper    Northern Leopard Frog

Turn page upside-down for answer!

Compliments of the Friends of the Bowmont Natural Environment Park Area



**Got a Great Idea?**  
 Small Grants (up to \$600 each)  
 are available again in 2017!

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

Block Parties • Hallow After Lantern Event  
 Shop Local Campaigns • Play Groups & Meet Ups

**It's Easy to Apply!**

Contact: Joy @ 403.476.7282  
[BankviewSmallGrants@gmail.com](mailto:BankviewSmallGrants@gmail.com)

Accepting applications February 15<sup>th</sup> – June 30<sup>th</sup>



# File your tax return to get the carbon levy rebate

Albertans who file their 2015 tax return and meet income criteria will start receiving the carbon levy rebate in January 2017.



If you are a single Albertan whose net income is below \$47,500 or a couple or family whose net income is below \$95,000, you will receive a full rebate. The rebate begins to phase out above these amounts, but singles earning less than \$51,250 and a family with two children earning less than \$101,500 will receive a partial rebate.

In 2017, the full rebate will be \$200 for singles, \$300 for couples and \$360 for a couple with two children (\$30 per child up to a maximum of four children). Rebates will provide upfront, timely support to lower- and middle-income Albertans to help manage increased costs associated with the carbon levy.

If you take some simple steps to reduce household emissions, such as shortening shower time, using a programmable thermostat, carpooling or not idling your vehicle, you will be helping to reduce Alberta's greenhouse gas emissions while ensuring you make the most of your rebate.

If you haven't already, be sure to file your 2015 tax return as soon as possible to help ensure that you receive your carbon levy rebate in early January 2017. For more details visit [www.alberta.ca/climate-carbon-pricing.aspx#p184s3](http://www.alberta.ca/climate-carbon-pricing.aspx#p184s3)

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

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

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# Helping Your Child, but Letting Them Lead

It can take some time for many young children to get into the routine of using a toilet.

By Doug N Horner, Alberta Health Services

Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

"Most children learn to use the toilet between the ages of two and three," says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they're peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children's education in toileting began only "when they had an interest in it and they seemed ready." Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are doing, fidgeting or saying: "Oh, oh." But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There's no need to rush.

"Prepare yourself mentally and put all the other things aside for a couple of weeks until it's dealt with," Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. "You don't want to push it so it turns into a negative thing."



## CALGARY POLICE SERVICE

### Changes to Calgary's alarm bylaw

The Calgary Police Service and The City of Calgary have revised the current Alarm Services Bylaw, changing how officers are dispatched and introducing paid, annual alarm permitting.

As of Sunday, Jan. 1, 2017, you'll need an alarm permit in order for police to attend your location for an alarm call. Annual permitting ensures we have the most up-to-date and accurate information about your location and can attend in a timely manner. Permits are \$15 for residences and \$20 for businesses, and are subject to an annual renewal. For any existing permit holders renewals will begin in July 2017. Premise owners will be contacted two months before their permit needs to be renewed and new permit holders will pay when they apply for a permit.

This spring, the false alarm penalty fee structure will also change. More than 75 per cent of alarm users only have one false alarm each year; CPS used to charge \$75 for each false alarm. With the new fee structure, the first false alarm is free. The second false alarm will be \$75, with an escalating scale for additional alarms to a maximum of \$625 for 10 or more alarms in any 12-month period. This is intended to hold alarm systems users more accountable to properly manage their systems.

Police are making these changes to reduce the amount of false alarms we respond to each day. Before initial changes to dispatch criteria were made, police were responding to approximately 45 alarm calls every day; 96 per cent of those calls were false alarms.

In May 2016, Calgary police changed the requirements so that two or more alarm zones within a location need to be activated and that at least two key holders must be called by the alarm company prior to police being dispatched. These changes alone have reduced the number of dispatched alarm calls by 54 per cent, better ensuring that police resources are available to respond to priority calls.

It is important to note that police will continue to respond to any panic, duress, or hold up alarms, confirmed criminal activity, public safety concerns, and verified alarm activations.



## Bankview Real Estate Update

### Last 12 Months Bankview

### MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$0.00	\$0.00
December 2016	\$369,900	\$360,000
November 2016	\$834,900	\$825,000
October 2016	\$636,000	\$615,000
September 2016	\$209,000	\$205,000
August 2016	\$0.00	\$0.00
July 2016	\$1,399,000	\$1,350,000
June 2016	\$458,000	\$445,000
May 2016	\$724,900	\$694,750
April 2016	\$632,000	\$623,000
March 2016	\$514,900	\$492,500
February 2016	\$788,000	\$712,500

### Last 12 Months Bankview

### MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2017	3	0
December 2016	0	1
November 2016	1	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

To view more detailed information that comprise the above MLS averages please visit [bankview.great-news.ca](http://bankview.great-news.ca)

## Off the Menu

The tall chef's hat is called a toque

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**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

This March will mark the legislature's longest scheduled sitting since 2009, and I am excited by our continued efforts to focus on the needs of Albertans. Budget 2017 will be debated this session, and it couldn't have been prepared without your help. Thank you to every one of you who completed the online budget survey that was created with the help of Generation Forum and sought to engage those under 35. Many had great ideas such as mental health initiatives, reconciliation with First Nations people, and building energy efficiency into our infrastructure that I shared with Finance Minister Joe Ceci.

I will also be working with those in the disability community and self-advocates about the possibility of introducing Henson Trust legislation here in Alberta. Originally established in Ontario in the 1980s, the Henson Trust ensures that persons with disabilities, who inherit

assets like a family home, cannot have their government benefits terminated. Alberta is the only province in Canada that does not protect persons with disabilities from losing their disability benefits should they inherit assets. If you or anyone you know has been impacted by this, please contact my office.

In January, your government also unveiled new energy efficiency programs for your business, non-profit, or home. If you want to learn more about how to install Solar on Your Home, the Solar Energy Society of Alberta is hosting a FREE workshop on Tuesday, March 28 from 7 to 9PM at SAIT. Having changed legislation in 2016, the time has now arrived for sunny Alberta to harness another of its energy resources.

Significant improvements to four social and seniors housing units in Calgary Currie are set to begin following an investment of \$18 million in joint funding from the Governments of Canada and Alberta. This year will see repairs and renovations at Bankview House, Horizon Housing Society, Shalem Manor, and St. Marks Manor, ensuring that seniors and low-income families and individuals have safe and efficient places to call home.

2017 is also the year that Canada celebrates its 150 Birthday. Non-profit community groups in Alberta are eligible for \$2 million in grant funding to commemorate the anniversary of Confederation. Non-profit organizations may apply for up to \$25,000 through the Community Initiatives Program to support community-based projects. Applications are accepted with a deadline of the fifteenth of each month. The final deadline for applications is Oct. 15, 2017.

While I will spend much of March in Edmonton at the Legislature, I will be back in our riding every weekend attending events and meeting with you on your doorsteps. If you have any additional questions, concerns, or would like me to attend an event in your community please do not hesitate to contact my office. While there will be a Constituency Week from March 27 to March 31, I always keep Fridays open for appointments and caffeine.



Have a book you would like to recommend? The more books you recommend, the more personalized this list becomes. Email us at [news@great-news.ca](mailto:news@great-news.ca)

## BEST BOOKS OF 2016

(compiled by Goodreads)

### Fiction

*Truly Madly Guilty*, Liane Moriarty  
*End of Watch*, Steven King  
*The Underground Railroad*, Colson Whitehead  
*Harry Potter and the Cursed Child*, J.K. Rowling  
*It Ends with Us*, Colleen Hoover  
*Morning Star*, Pierce Brown  
*The Fireman*, Joe Hill

### Nonfiction

*Hamilton: The Revolution*, Lin-Manuel Miranda, Jeremy McCarter  
*When Breath Becomes Air*, Paul Kalanithi  
*Leonard: My Fifty-Year Friendship with a Remarkable Man*, William Shatner, David Fisher  
*Are We Smart Enough to Know How Smart Animals Are*, Frans De Waal  
*Cravings*, Chrissy Teigen  
*Adulthood is a Myth*, Sarah Andersen  
*The Princess Saves Herself in this One*, Amanda Lovelace  
*The Girl with the Lower Back Tattoo*, Amy Schumer

### Young Adult Fiction

*Salt to the Sea*, Ruta Sepetys  
*Court of Mist and Fury*, Sarah J. Maas

### Middle Grade and Children's

*The Trials of Apolla*, Rick Riordan  
*The Thank You Book*, Mo Willems

## BRAIN GAMES SUDOKU

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

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**Budget 2017**

Budget 2017 (budget.gc.ca) is about investing in the middle class and working towards a more innovative economy. By directly investing in Canadians and families we are putting our country in better stead with firmer foot forward into the future.

At the tail end of 2016 our government approved two major pipelines after consulting with Canadians, building up an environmental consensus with the carbon price, and creating the balance between the environment and industry. By doing this work we are building the framework to create long term prosperity of Alberta and all of Canada.

On the subject of building up long term prosperity for our country – my colleague in cabinet and fellow Alberta Liberal Member of Parliament, Infrastructure Minister Amarjeet Sohi, is continuing his work to invest in projects like the Green Line LRT, flood mitigation projects, and more for our city. Since the 2015 election our government has invested some \$3 billion into Albertan infrastructure: more than the last five years of the previous government combined. This work continues in Budget 2017.

Looking back at Budget 2016 we went forward with three of our main platform planks. First amongst them

was the Canada Child Benefit which gave simpler, tax-free, and more generous and better targeted help to families. 9 out of 10 Canadian families benefit from higher payments under our newly implemented system – and is now on the way to lifting hundreds of thousands of children out of poverty.

Our second commitment was a middle class tax cut. As one of our first acts as a government was to cut taxes for nearly 9 million Canadians by reducing the second personal income tax rate, and delivering tax relief to Albertans.

Thirdly – we created a \$2.7 billion reform package of Employment Insurance to support Albertans and Canadians during the commodity price downturn. By reducing wait-times (from two weeks to one week), and specifically work with Albertans on accessing more benefits, these changes would support those impacted by the decrease in oil prices. Some of these benefits we extended up to 50 weeks for hurting Albertans, with long-tenured workers able to receive an additional 20 weeks up to a maximum of 70 weeks. Further to this – we doubled the maximum of the work-sharing agreements to 76 weeks.

Budget 2017 is a continuation of our work as a government. It is actively seized with supporting the middle class and working towards a better future for all. For more details please visit our website at budget.gc.ca.

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.



Councillor, Ward 8  
**Evan Woolley**  
 P.O. Box 2100, Station M  
 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-2430

**Dollars and Sense**

As we find ourselves settling into 2017, there's no denying that Calgary has experienced a dramatic shift. In less than two years, we've gone from the fastest growing city in North America, with a projected growth of 40,000 people per year, to experiencing a significant economic downturn with massive layoffs, a 40% downtown office vacancy and almost no growth. The ripple effects of this significant downturn have been felt by every industry and community in Calgary. My office and I have been hearing from concerned residents who have been asking important questions on subjects like taxes, infrastructure, spending and the economy. These conversations have led my office to propose business tax relief, continued investment in infrastructure for neighbourhoods that have been and continue to take on den-

sity and to host a summit on innovative solutions for our downtown office vacancies. While our city's economic landscape may have shifted, Calgary's spirit for innovation, exploration and prosperity has always remained.

In January, as property assessments were mailed out, hundreds of businesses in Ward 8 found themselves saddled with a drastic increase in their property value. The drop in downtown office vacancy meant that the City saw a loss of nearly \$2 Billion in assessed value and that tax base had to then be dispersed to non-residential properties city-wide. Thankfully, as a result of my 2016 Business Tax Relief notice of motion Council and Administration were able to bring forth a successful \$45 Million Municipal Non-Residential Phased Tax Program (PTP) to help ease the burden. This means that nearly 6,000 businesses – many of which reside in The Beltline, will see their non-residential property taxes capped at an increase of 5%. To learn more or to see if you qualify, visit [www.calgary.ca/assessment](http://www.calgary.ca/assessment).

While the PTP is only valid for 2017, I'm working closely with the Chamber of Commerce and Calgary Economic Development to continue to explore ways to diversify our economy. In partnership with Councillor Druh Farrell, our Downtown Economic Summit in February helped to illuminate new possibilities and opportunities for our downtown core. In terms of diversification, the City and Calgary Economic Development are actively seeking global businesses to establish head quarters in Calgary and to capitalize on the ever growing technology focused start-up industry.

I've always said and will continue to say to anyone who asks: Calgary is an incredible city to live in. Every month I'm blown away by community members volunteering their time to keep making their neighbourhoods even better, by the steady stream of new local businesses taking the leap and opening their doors and by a city filled with people who are here to support them. If you ever have any questions, concerns or ideas my office is here to help. You can reach us by email at [ward08@calgary.ca](mailto:ward08@calgary.ca) or by phone at 403-268-2431.



Name	Age	Contact	Course
Ashlee	12	403-835-4548	Yes
Henry	16	403-719-8282	Yes
Sarah	17	403-671-7724	No
Izzy	18	403-483-1218	Yes
Rebecca	22	403-703-2219	Yes
Cindy	24	587-432-6587	No
Tania	25	403-707-7127	Yes
Catherine	28	514-293-1395	Yes
Tara	33	587-500-4947	Yes
Victoria	33	587-216-3232	No
Elaheh	44	403-808-7083	Yes
Gitta	66	403-400-1210	No

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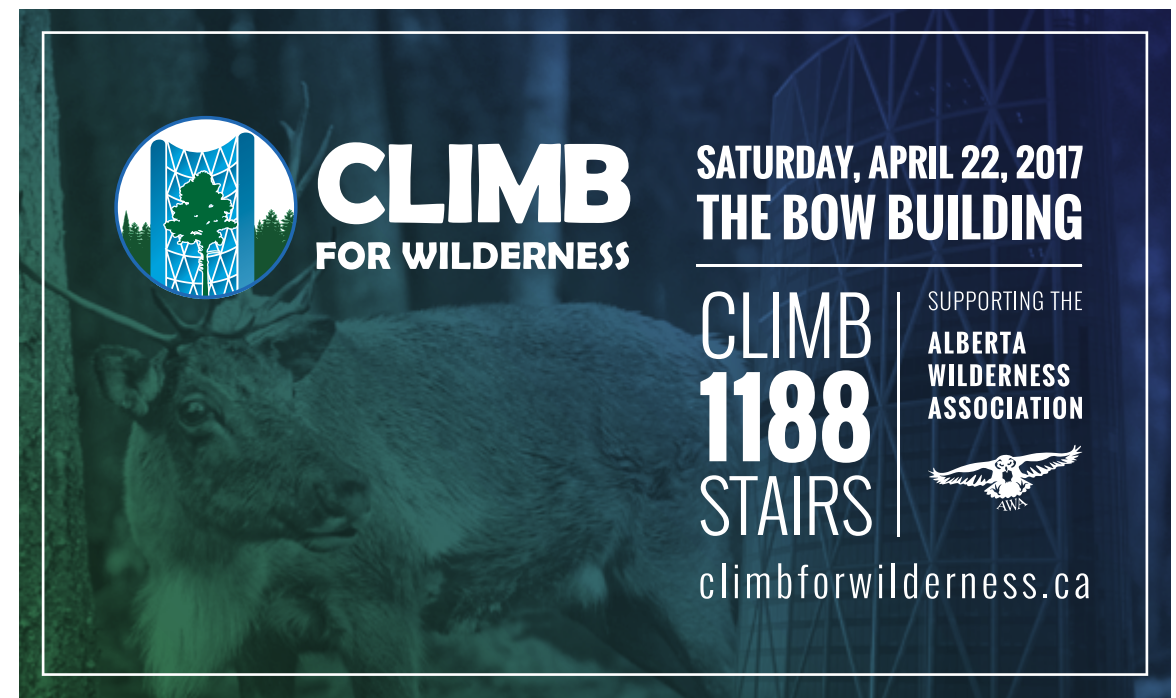
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# Pipelines Approved.

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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](http://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  
[www.KentHehrMP.ca](http://www.KentHehrMP.ca) | 403.244.1880 | [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca)  
950 6th Avenue SW, Calgary, Alberta, T2P 1E4

Get the full update at [www.KentHehrMP.ca/pipelines](http://www.KentHehrMP.ca/pipelines)