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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
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
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	1-855-222-5542



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Rita Dhungel	Community Social Worker Rita.Dhungel@calgary.ca
Cathy Stones	Neighbourhood Partnership Coordinator cathy.stones@calgary.ca

Facebook.com/BankviewCA

Please check the Facebook page for dates of monthly Board Meetings



Bazaar Success

Bankview hosted another successful Holiday Craft Bazaar in 2017 and it couldn't be done without the volunteers and the vendors.

Thank you to all of those who participated and volunteered in our annual holiday craft bazaar at the Bankview Community Association!

This year was a particular success with many local vendors sharing their talents with community members and a vigorous group of volunteers who made it all happen. An especially big thank you to Pam Murchison for organizing the event.

Stay tuned for next year's holiday event!

2018 Community Timbits Soccer

Timbits is a parented program for 3 to 8-year-olds who want to learn soccer basics, have fun and meet new friends. The program runs once a week on Saturday mornings – 10 am to 11 am in May and June. Each session lasts 1 hour. The playing fields are the Killarney dry pond (2828 28 St SW) and the Richmond school pitches.

The cost is \$40.00 per child plus membership with your local community association. This program is for the primary benefit of Killarney Glengarry, Richmond Knob Hill, Bankview and Rutland Park/ Currie Barracks residents.

Registration will start soon on www.richmondknobhill.ca. Registration will close at the end of March.

For more information contact Cecile at communications@richmondknobhill.ca.

Happy February!

After the glow of the holidays and the hope brought from a fresh start in the New Year, we are still faced with months of cold, dark winter. Many people are in a self-induced hibernation enduring our daily routines dreaming of a time when we can pull on a pair of shorts and head outside to reintroduce our skin to the sun.

Understandably, it can be difficult to think about leaving our den of comfort, however we have many new changes coming (or already in place). Which means now is the perfect time to get out and support your community and get involved with something you care about.

The Bankview community garden is already planning for the upcoming season and will be meeting with new and existing members. If your thumb has a greenish tinge don't worry this can be cured by contacting the Bankview Garden Committee at garden@bankview.org.

If veggies aren't to your taste, we also have a new Parents and Tots group, for Bankviewers at home with their children during weekdays. The group is an opportunity to get your kid(s) out of the house to burn some energy and give parents a chance to have some adult conversations. Also, we are starting a Families group, however this group will be on the weekend and provides a place for kids and parents to mix and mingle.

Also, if you are still thinking about warmer weather we will be starting a regular Soccer (Football) scrimmage in the Spring. I am looking for volunteers because I'm not an expert in the world of soccer. If you are interested in helping make this happen please contact me at coordinator@bankview.org.

Lastly, all of these groups and activities would not happen without support from volunteers. You don't have to give much of your time and every little bit will make our community more active and vibrant. If you are interested, please contact me directly.

Keep watching our social media and website for more information.

Sincerely,
Nigel Lalande
Bankview Community Coordinator
coordinator@bankview.org

U of C Planning Students Working with Bankview in 2018

For the next 13 weeks, Master of Planning students in the Faculty of Environmental Design (EVES) at the University of Calgary will be working with the Bankview Community Planning and Development Committee as the result of a successful Bankview Community Association proposal to the Federation of Calgary Communities (FCC). Starting next week, fifteen Master of Planning student will be exploring Bankview's 'community identity' as the theme for their physical design and planning projects. Student explorations will look at Bankview's boundary conditions, land use mix, amenities and green space, vacant lots and 'lost spaces' and opportunities for future land uses, improving vehicular and non-vehicular circulation, maximizing view lines, improving streetscapes, and scenarios for Bankview's future land use and urban form choices.

The planning students will be hosting a community engagement workshop in cooperation with our Planning and Development Committee at the Bankview Community Association on Saturday, March 03, 2018 and more information will be available closer to the date. At the end of the project work, a Community Open House on April 14 will share final student project work with interested Bankview residents.

The Planning students are looking forward to working with the Bankview Community Association and meeting more Bankview residents of over the next few weeks. If you are interested in participating in the upcoming community engagement workshop, please contact the Bankview Development Committee at development@bankview.org or Professor Mary-ellen Tyler (tyler@ucalgary.ca). Please keep watching the Bankview Community website for updates, project 'snapshots' and more information on how our work together is progressing over the next few weeks.

Bankview Hall and Boardroom Rental Rates

The Bankview Community Association has updated its rates for Boardroom and Hall Rentals. We update our rates on a regular basis to try and be balanced yet competitive with the other community associations.

Rent the Bankview Community Association's Hall
Have you seen our recently renovated Hall?

Here are some interesting facts to keep in mind for your next event:

- Capacity is up to 125 people
- The kitchen is brand new and has all the supplies you need
- New and improved fee schedule
- Bathrooms were also renovated recently
- There is a children's park adjacent
- Rentals support the community
- Tickle the ivories on the piano

Contact us at bankviewcommunity@gmail.com for more information.



	Hall						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30							
9:00							
10:00							
11:00	- \$30 per hour.	- \$30 per hour.	- \$30 per hour.	- \$30 per hour.	- \$50 per hour.	- \$50 per hour.	- \$30 per hour.
12:00	- Two hour minimum.	- Two hour minimum.	- Two hour minimum.	- Two hour minimum.	- 3 hour minimum.	- 3 hour minimum.	- Two hour minimum.
13:00	- \$100 Damage Deposit.	- \$100 Damage Deposit.	- \$100 Damage Deposit.	- \$100 Damage Deposit.	- \$100 Damage Deposit.	- \$100 Damage Deposit.	- \$100 Damage Deposit.
14:00	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit
15:00							
16:00							
17:30							
18:00							
19:00							
20:00					- \$450 for the night or	- \$450 for the night or	
21:00	- \$50 per hour.	- \$50 per hour.	- \$50 per hour.	- \$50 per hour.	- Weekend rates if there are less than 25 people.	- Weekend rates if there are less than 25 people.	- \$50 per hour.
22:00	- 2 Hour Minimum	- 2 Hour Minimum	- 2 Hour Minimum	- 2 Hour Minimum	- \$450 Damage Deposit	- \$450 Damage Deposit	- 2 Hour Minimum
23:00	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit
0:00							
1:00							

	Boardroom						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00	- \$75	- \$75	- \$75	- \$75	- \$75	- \$75	- \$75
16:00	- \$100 Damage Deposit	- \$100 Damage Deposit	- \$100 Damage Deposit	- \$100 Damage Deposit	- \$100 Damage Deposit	- \$100 Damage Deposit	- \$100 Damage Deposit
17:30	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit	- \$50 Key Deposit
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							
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1:00							

Rent the Bankview Community Association's Boardroom
Meetings....Meetings... Meetings...

If this is how you feel we have the perfect spot for all of those meetings. Located at the Bankview Community Association we offer a boardroom with a table that seats 12 and has a large T.V. with a Chromecast connected for your presentation needs.

It is great for Annual General Meetings, businesses and more. Contact the Bankview Community Association today and reserve your time.

Contact us at bankviewcommunity@gmail.com for more information.

Are you between the ages of 17 to 35?
YOU HAVE THE POTENTIAL TO SAVE A LIFE!



ALL IN FOR ALEX
 BONE MARROW DRIVE

Alex is a 12-year-old Alberta girl fighting for her life. Alex was diagnosed with Aplastic Anemia with PNH Clone. She is living on blood and platelet transfusions. CTV, CBC and Global have all told her story. Global Edmonton Health Matters: Oct 25.

**Alex needs a
 BONE MARROW DONOR
 to survive.**

It is quick, easy and painless to donate at Canadian Blood Services, www.OneMatch.ca. A cheek swab and health questionnaire are done and returned by mail to them.

If you are not a match for Alex there are also over 800 others in Canada waiting for a bone marrow transplant.


Please register NOW and encourage your friends to join the registry as Alex needs help.

YOU could be a hero and save a life.


Thank you.

☺️Toasty Toes☺️Sock Collection Program

Gather your socks together!

 **New, used, singles or pairs.**
 All sizes and types from babies to adults.

 **All donations go to the Calgary Drop-In Centre and Calgary Women's Shelter.**

 **Drop off locations at A&W –**
 South Trail: #190, 4307 130th Ave. SE
 Chinook Station: 6666 MacLeod Trail SW
 Westhills: 5621 Signal Hill Centre SW
 Glendee Junction: 80 Glendee Circle SE
 Riverbend Comm. Assoc.: 19 Rivervalley Dr. SE

From January 5 to February 28, 2018

This program is sponsored by the
Calgary Heritage Lions Club.
 For more information contact
 Lion Peter Wallis at 587-433-1247.



CALGARY PUBLIC LIBRARY

Rocky Ridge Library Is Now Open

Calgary's newest Library opened January 15! Rocky Ridge Library at Shane Homes YMCA, in the city's northwest, operates on a self-service model—the first express library of its kind in Calgary. Enjoy public seating, study space, innovative self-service holds lockers, and Library programs including ESL Conversation Club, Drop-In Storytime, and LEGO Club.

Discover eResources For Kids

Our E-Library has more than a dozen free eResources just for kids, including read-along storybooks, children's eBooks, interactive encyclopedias, and an animated language learning course. You can also subscribe to personalized librarian-recommended books for kids, or get expert online schoolwork help that's aligned with the Alberta curriculum. Explore all our free eResources for kids at calgarylibrary.ca/e-library.

Spotlight on Membership Benefits: Free Printing

Did you know your free Calgary Public Library card gives you up to \$5 of free printing every month? This monthly credit allows you to print up to 50 black and white pages or 25 colour pages. Visit calgarylibrary.ca/membership-benefits to learn about more member benefits. Not a Library member? Sign up for your free Library card at calgarylibrary.ca/card or visit any Library location.

Find Free Programs for Everybody

Whether you're a parent with young children, a newcomer looking for advice, or an entrepreneur wanting to boost your skills, we have a free program for you. *Library Connect*, our program guide, has information on more than 100 free programs offered at 20 libraries. Download *Library Connect* at calgarylibrary.ca or pick up a copy at your community library.

REAL ESTATE COUNCIL OF ALBERTA

Ask Charles

I've been working with an agent, but she's going on holidays for 2 weeks. She's going to arrange for someone else at her brokerage to take care of my listing while she's gone. Do I have to sign a new contract with this person?

The short answer is no, but you may have to make changes to your existing contract depending on what type of brokerage you're working with: common law or designated agency.

In a common law brokerage, your service agreement (contract) is with the brokerage, which means that essentially, you're agreeing to work with any or all licensees at the brokerage. Because the agreement you signed is with the brokerage, any licensee from that brokerage can work with you under your existing agreement. The individual or individuals you have been working with are working with you on behalf of the brokerage.

In a designated agency brokerage, your service agreement is still with the brokerage, but only the individual (or individuals) named on the agreement are designated to work with you on behalf of the brokerage. If this is the case, and the individual your real estate agent wants you to work with for a couple of weeks isn't specifically named on the agreement, the brokerage will have to designate, in writing, the other individual to work with you. You and the brokerage can amend your original agreement to include this new person as another designated agent for you.

Another option that is available when you're working with a designated agency brokerage is that at the outset of your agreement, the brokerage designates more than one individual to work with you on behalf of the brokerage. This is completely acceptable, and will save

you from having to amend the original agreement in the event the primary individual you're working with becomes unavailable during the term of your agreement. When you're signing your agreement, talk to your agent about their availability, vacation plans, and whether there are other agents within the brokerage that they sometimes partner with.

More than fifty percent of real estate professionals in Alberta are registered with a designated agency brokerage. Your agent should have explained whether their brokerage operates under common law or designated agency when you first started working together, and should have explained the differences.

"Ask Charles" is a question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

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THE PASTRY CHEF SHOWCASE – HERITAGE PARK, MARCH 4
The Pastry Chef Guild of Alberta and Make-A-Wish Southern Alberta team up to offer Calgary a sweet experience, the Pastry Chef Showcase! Funds raised from the Pastry Chef Showcase help support Make-A-Wish Southern Alberta. The Showcase is an exclusive and unique dessert experience, with over a dozen prestigious pastry chefs and establishments offering up an array of decadent offerings. More info: eventbrite.ca.



THE 3RD ANNUAL CHILDREN’S WONDERLAND BALL – COAST PLAZA HOTEL, MARCH 11
Enjoy an exciting afternoon with your child’s favorite characters with special performances you don’t want to miss. The Wonderland Ball will feature princesses, superheroes, mascots, a catered feast, a magician, face painting, candy table, giveaways, a photo booth, new surprise characters and a live DJ to make you dance your feet away. There will also be a silent auction with amazing prizes to be won in support of Ronald McDonald House Charities Southern and Central Alberta. More info: mascotparties.ca.



MARY POPPINS PRESENTED BY ST. PETER’S PLAYERS - CORMACK HALL, MARCH 15-17
A beloved 2-act classic about a nanny and her friend, Bert. Mary and Bert sing and dance their way into the lives of the Banks family, where work and no play has taken over. Mary Poppins and her friend see to it that the children and their parents realize that it is family that counts. This can only be done in the practically perfect way of silly adventures, songs, dance and of course a spoon full of sugar! Director Catherine Hiscocks, musical director David Dixon. More info: stpetersplayers.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Roy Book Binder in the PCL Blues Series – Arts Commons, March 2
Called an “iconic living treasure of American blues, ragtime and old timey music,” Roy Book Binder is a true troubadour of old-style blues. Book Binder has the licks of timeless music in his fingers and is known for his slide arrangements and original compositions, as much as he’s known for his storytelling and dry wit. He’s been rambling around the blues world for the last 45 years and has toured with greats like Bonnie Raitt and many, many more. More info: artscommons.ca.

Vegetarian 101 – South Calgary Health Campus, March 8
In this cooking class demonstration, we will energize your nutrition with vegetarian cooking techniques and delicious food. Learn basic vegetarian substitutions, cooking skills and how to cook plant-based proteins. Learn how to save money and reduce food waste. More info: enrgizenutrition.ca.

Bow Habitat Station’s Discovery Nights – 1440 – 17A St. SE, March 15
Looking for a late-night learning opportunity? Explore through the Discovery Centre between 5-8:00 PM at reduced \$5/person admission on the third Thursday of each month while you learn more about the wildlife who make their home in Alberta. Bow Habitat Station is a centre that offers programs and exhibits to educate about the Province’s wildlife and other natural wonders. More info: bowhabitat.albera.ca.

The Gardener’s Gratitude Journal book launch – Wildwood Community Centre, March 16
Free and local book signing, gardening talk by Horticulturist Donna Balzer and garden expert Chelsie Anderson, snacks and entertainment. Come spend a few hours with some of Calgary’s most passionate movers and shakers. This all-Canadian (from the writers, to the design work, to printing and artwork its 100% Canadian!) book will entertain, educate and help you track your garden hits and misses over the next 3 years. Purchase a signed copy at this event.

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YOUR CITY OF CALGARY

YOUR CITY SECTION *brought to you by The City of Calgary*

What’s happening	More info	Stay connected! facebook.com/cityofcalgary twitter.com/cityofcalgary calgarycitynews.com
Storm ponds have an important job to do, even in the winter. For health and safety reasons, you should stay out of the water, and off of frozen ponds.	Calgary.ca/ StormPond	
With programs for all interests and abilities, The City of Calgary can help keep your kids active and busy this summer, close to home. Visit Calgary.ca/recreation to learn more and register.	Calgary.ca/ Recreation	
Do you know a Calgarian who has made a difference? Nominate them for a Calgary Award. Deadline is February 28th.	Calgary.ca/ Calgary Awards	
The Spring & Summer Recreation Program Guide is on-stands February 21 and registration opens February 26.	Calgary.ca/ Recreation	

BANKVIEW | FEBRUARY 2018 11



Marijuana and Your Pet

By Jennifer L. Scott B.Sc., D.V.M.

With the impending legalization of marijuana in Canada, the number of pets exposed to the drug is on the rise. One U.S. study cited a fourfold increase in toxic exposure in dogs after legalization. Dogs are exceptionally sensitive to the THC (tetrahydrocannabinol) and are more likely to ingest recreational marijuana; cats, while not immune to THC, generally do not ingest pot. Both cats and dogs are sensitive to THC when inhaled.

Most of us are familiar with marijuana in three forms. Recreational pot that can be smoked, incorporated in baking, and in other oral forms. Many dogs love the smell and will readily ingest it. This type of pot has the highest levels of THC. THC is the component of marijuana that dogs and cats are particularly sensitive to. Medical cannabinoid products used to treat pain, cancer, epilepsy, and many other diseases tend to be low in THC and high in CBD (cannabidiol). Still some of these products can contain enough THC to induce toxicity in pets. Finally, hemp products, from the stem of the plant, tend to be used in pet "medical cannabis" available in pet stores. Hemp is very low in THC and only contains moderate to minor amounts of CBD. There is little data on the rates of toxicity or medical effectiveness of many of these products.

The cases of toxic marijuana exposure in dogs that I have seen in my career are dogs that have gotten into their owner's stash. They were presented to me at the

clinic with severe neurological signs that appeared potentially life-threatening. Symptoms can be as minor as increased salivation and sleepiness. The pet's heart rate may be faster or slower than normal. Other symptoms include depression, dilated pupils, low body temperature, agitation and difficulty walking, vocalizing, hypersensitivity to light or sound, loss of bladder control, vomiting, and seizures.

Once the diagnosis of THC toxicity is made, and other causes of the clinical signs are eliminated, treatment is supportive care, intravenous fluids, and time. Vomiting is usually not induced as aspiration is a risk with the clinical depression caused by the THC.

Some owners do use CBD products in their pets. Anecdotally, I have heard of some positive results in a few pets. As a veterinarian, there are no marijuana products approved by Health Canada and no veterinarians can prescribe by their provincial licensing bodies. Anticipated benefits with CBD use in pets include treatment of glaucoma, pain, anxiety, and epilepsy, but there is little data with regards to dose and risks currently. For now, further research is necessary before treating pets with medical CBD, and the dangers of THC are real. Even in those states that have legalized marijuana for human use, veterinarians legally cannot prescribe medical cannabinoid products to animals.



Interested in doing a job that counts? The City is hiring civic census takers!

The City's civic census is conducted annually starting on April 1 and that means census taker recruitment is underway. The City needs flexible workers to help collect this information using mobile tablets. This year marks the 60th year of consecutive Census collection.

Manager of Election and Census, Paul Denys, says, "Census workers are essential to the collection process. We need people interested and available for flexible short-term work beginning late April, who are able to walk in seasonable weather conditions and can easily operate a tablet computer. Census takers are provided with essential training and materials needed to conduct the census."

Census takers are assigned an area to collect census information; areas vary in size, but are generally between 400 to 600 dwellings. Census takers have three weeks to complete the collection in their assigned area. They set their own schedule to get their work done and may be required to work in the evenings and weekends when most people are at home. Census takers need to be able to complete online training at home and be available for an in-person session in March.

Applications can be downloaded online and are accepted in person, at The City of Calgary Election and Census office, 1103 55 Ave NE, between 8:30 a.m. – 4 p.m. Monday to Friday. In addition to completing an application form, there is a written skills assessment test that takes approximately 30 minutes to complete.

If you or anyone you know would be a good fit as a census taker, be sure to send them to calgary.ca/census to fill out an application. The Elections and Census Office will be selecting applications between Jan. 22 to Feb. 9, 2017.



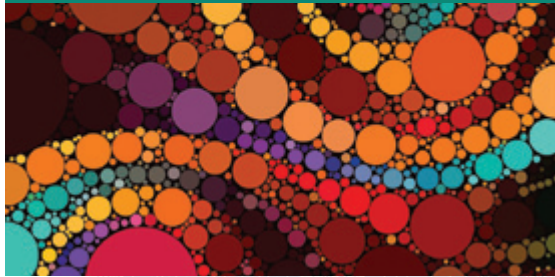
**Fire Hall No. 4, 104 6A St. N.E.,
Bridgeland/Riverside**

Fire prevention and firefighting have come a long way since the construction of this building, one of our city's oldest standing fire stations. Fire Hall No. 4, built 1909, is a two-storey, red-brick building situated in Bridgeland-Riverside, north of the Bow River and downtown Calgary. The building, two-and-one-half-bays in width, is a functional example the Edwardian Classical style.

Fire Hall No. 4 recalls Calgary's development boom at the time of its construction in 1909, and the rapid expansion of the city's fire department which resulted. 1909 was a year of great advancement for the Calgary Fire Department, with the force becoming fully paid and inaugurating three substations which included Fire Hall No. 4, as well as those in Bankview (No.5) and Hillhurst (No.6). The building campaign that included Fire Hall No.4 doubled the number of Calgary Fire Department facilities to six. Of these, Fire Hall No. 4 is especially notable as the first facility of the Calgary Fire Department to be established north of the Bow River.

In 1926 Fire Hall No. 4 was made available to the Young Men's Christian Association (YMCA) and became the Calgary YMCA's first official branch. The facility offered a variety of social and educational programs to young people as well as numerous physical activities. Physical activities offered by the Riverside location included calisthenics, boxing, hockey, basketball and gymnastics. The Riverside YMCA branch initially focused on activities for boys, but later gained a large membership of girls, offering classes in sewing, tap-dance and art, as well as a physical training program. When the Riverside branch was established, one of its major purposes was to promote the assimilation of the largely German speaking Russian population of the neighbourhood. The building served as a YMCA until 1948 when it was returned to the City of Calgary. The property was protected as a Municipal Historic Resource in 1999 and as a Provincial Registered Historic Resource in 2003.

Article and photo provided courtesy of Discover Historic Calgary resources via calgary.ca.



Heart in The Arts in February

by Alex Bonyun

February is a great month in Calgary to get out and experience what arts and culture in our city has to offer. Theatre Calgary collaborates with the wacky and always unexpected Old Trout Puppet Workshop to bring a uniquely hilarious take on Shakespeare's Twelfth Night to Calgary. Originally produced by Canada's National Arts Centre, Twelfth Night will inject your February with some much-needed laughs. If laughter isn't your best medicine, Vertigo Theatre has their world premiere mystery of Undercover, Lunchbox Theatre has the enticing Ai Yah! Sweet & Sour Secrets, and Alberta Theatre Projects has the emotionally enthralling Constellations.

If you'd rather forget it is winter entirely, you can pop into a performance of Calgary Civic Symphony for an afternoon of Latin heat with Festival da Musica. Guest starring Soprano Michelle Minke of Cowtown Opera, the University of Calgary String Quartet, and accordionist Penny Sanborn, Calgary Civic Symphony will fill the Jack Singer Concert Hall with the music of Mexico and South America.

There's always visual arts as well, for those of you who would rather stroll through a gallery. Glenbow Museum is hosting a new exhibition in February featuring over 6,000 photographs of Frida Kahlo herself and her loved ones as well as scenes of Mexican culture, politics, art, history and nature.

Stay warm and enjoy Calgary culture this February!

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts commons is home to six different distinct performance venues.

February is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

Know the Signs of a Heart Attack (Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce Your Risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to Do When Seconds Count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Reduce Alcohol for Your Health

When you drink alcohol, you may be putting your health and safety at risk.

Your risk of harm increases with each drink that you have. And your risk of harm increases with how often you drink at amounts above the low-risk drinking guidelines, even if you do this only now and then.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain.
- Cause high blood pressure, depression, stomach problems, or sexual problems.
- Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.
- Cause memory loss and affect your ability to think, learn, and reason.
- Cause harm to your developing baby (fetus) if you drink during pregnancy.
- Lead to problems at work, school, or home.
- Increase the risk of car crashes and violent behaviour.
- Cause you to develop an alcohol use problem.
- In general, limit how much you drink. You can reduce your long-term health risks by drinking no more than Canadian health experts recommend:
- If you're a man, have no more than 3 standard drinks a day on most days and no more than 15 drinks a week.
- If you're a woman, have no more than 2 standard drinks a day on most days and no more than 10 drinks a week.

If you choose to drink, keep the amount of alcohol you drink within the recommended limits. Drinking at the upper limits should only happen once in a while, not every day or week. Plan non-drinking days every week to avoid developing a habit.

Keep in mind that a safe amount of alcohol for one person may be too much for another. Because of things like age, sex, weight, and health history, alcohol can affect people differently. If you're an adult who doesn't weigh a lot, is younger than 25 or older than 65, or isn't used to



drinking, you need to be even more careful about how much alcohol you drink.

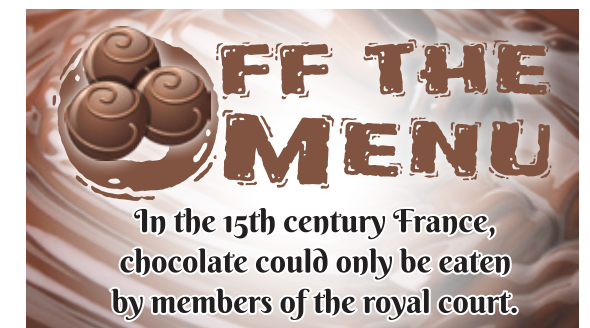
If you choose to drink, here are some things you can do to reduce your risk of getting sick or injured:

- Have a meal or a snack with your drink. Don't drink on an empty stomach.
- Drink slowly. Don't have more than 2 standard drinks in any 3-hour period.
- Have a glass of water or non-alcoholic, caffeine-free beverage (such as a soft drink or fruit juice) between drinks.
- Avoid risky situations and activities. Don't drink and drive, and don't get in a car with a driver who has been drinking.
- Don't take over-the-counter or prescription medicines that interact with alcohol.
- Limit how much you drink.

If you think you're drinking too much, you might want to cut back.

Alberta Health Services offers a wide range of services for individuals looking for help for someone they care about, or for themselves.

For more information, and to find an addictions services office near you, call the Addiction Helpline at 1-866-332-2322. It's free, confidential and available 24 hours a day.



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As many of you know, last October Premier Notley appointed me to the provincial Treasury Board. Since then I have been honoured to serve as a strong advocate for all Calgarians on this important decision-making body. While Alberta's economic recovery is underway there is still more that we can do to ensure that every Albertan is optimistic about their and our province's future. Budget 2018 will be an important moment for Alberta's path to balance and that is why the Alberta government launched an online Budget Survey in November 2017 to hear your priorities for controlling costs and to identify services and programs that should be protected. I strongly encourage you to share your thoughts by completing the survey by February 2 or by emailing a written submission to Budget.Feedback@gov.ab.ca.

As you spend time with your sweethearts or families this February, it is never too early to start thinking about summer plans - especially this winter! Last year was another record setting year for Alberta Parks as the province's Reserve Alberta Parks (RAP) online reservation system processed its one millionth booking. So, if you and yours are interested in reserving one of the 14,000 campsites across Alberta, this is your reminder that the mobile-friendly RAP system opens Tuesday, February 20 for online bookings for the 2018 camping season.

Finally, I am looking forward to lacing up my skates at the numerous skating parties that volunteers at community associations across Calgary Currie have organized for this February. If you are interested in helping with the upkeep of your local outdoor rink I encourage you to contact your community association directly (they will appreciate this immensely and it is a great way to meet your neighbours) or visit the City of Calgary's "Adopt-a-Rink" webpage. "Adopt-a-Rink" is an awesome winter volunteer program through which volunteers help flood and maintain existing community pleasure skating rinks in their own communities.

See you on the ice!



**Councillor, Ward 8
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Calling for Calgary Awards Nominations!

Happy New Year! As we usher in 2018, February marks an important month in our city. The Calgary Awards is one of the largest citizen recognition programs in Calgary. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards.

Our communities are filled with dedicated, thoughtful and compassionate Calgarians. I strongly encourage you to take some time to reflect on your own neighbours and all that they do for your community, then, nominate them for a Calgary Award!

The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards. The Calgary Awards are for Calgarians, individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For specific eligibility requirements, how to nominate someone in your community and for more information visit: calgary.ca/calgaryawards. **Nominations close on Wednesday, February 28, 2018.**

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Responsible Pet Ownership

A message from the Federation of Calgary Communities

Pets can be a great addition to any household and community. They can provide companionship, reduce social isolation, and be a valuable member of the family. They're also a great way to meet your neighbours! Below are a few tips about what it takes to be a responsible pet owner.

- Dogs and cats are required to be licensed within the City of Calgary limits. The pet license is required to be renewed on an annual basis.
- When it comes to dogs, they can roam off-leash in specific designated areas across the city. However, certain areas like playgrounds, sports fields, or cemeteries are prohibited. Dogs should always be supervised by their owner in a public place.
- Ensure to always remove your animals' feces on public or private property—it's quick and easy.
- If you lose or encounter a lost pet, contact 3-1-1.

For more information visit calgary.ca.

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Supporting our Veterans: Pension for Life

Canadian Armed Forces members and Veterans want to know our government has their back if they become ill or injured as a result of their service.

In December, we announced our plan for a Pension for Life to provide better support for ill and injured Veterans. It includes:

- Tax-free financial compensation, with the choice of monthly payments for life, to recognize pain and suffering caused by a service-related disability.
- Income replacement for Veterans experiencing barriers returning to work, at 90% of their pre-release salary.
- Services and benefits to help Veterans with education, employment, and physical and mental health.

For example, a 25-year-old Veteran who is 100% disabled would see his/her monthly support increase from \$4,150 to \$5,890. For a 50-year-old who is 100% disabled, his/her monthly support would be almost \$9,000 (compared to \$7,270 in 2015).

Veterans' Education and Training benefit

In 2017 I was honoured to create the Veterans' Education and Training benefit. It will provide funding for tuition, books and living expenses to the tune of up to \$80,000. I also reopened the last of the nine Veterans Affairs Canada offices closed by the previous government and hired hundreds of staff to better support Veterans.

Added to this was the expansion of the pilot to open access to the Military Family Resource Centre, and unveiling a new Centre of Excellence in Veterans' care.

Unlike the previous Conservative government who closed offices and cut back service, we have already invested \$6 billion in supports and services for Veterans and their families. Now with Pension for Life, we are going a step further to provide financial security and help Veterans transition to a civilian life with meaning and purpose.

To contact me: email kent.hehr@parl.gc.ca or call 403-244-1880. Subscribe to email updates at www.KentHehrMP.ca/email-updates.



Bankview Real Estate Update

Last 12 Months Bankview

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2017	\$807,000	\$785,625
November 2017	\$687,500	\$660,000
October 2017	\$827,400	\$822,450
September 2017	\$477,400	\$462,000
August 2017	\$567,500	\$542,950
July 2017	\$0	\$0
June 2017	\$602,000	\$587,500
May 2017	\$614,900	\$591,500
April 2017	\$499,900	\$490,000
March 2017	\$865,000	\$845,000
February 2017	\$567,000	\$562,500
January 2017	\$0	\$0

Last 12 Months Bankview

MLS Real Estate Number of Listings Update

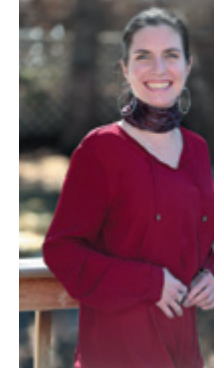
	No. New Properties	No. Properties Sold
December 2017	1	2
November 2017	2	2
October 2017	5	4
September 2017	9	2
August 2017	4	2
July 2017	5	0
June 2017	5	6
May 2017	4	4
April 2017	8	3
March 2017	0	1
February 2017	5	4
January 2017	2	0

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



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Plans for Community Schools

The CBE is considering setting clear attendance area boundaries for Alexander Ferguson, Glendale, Glenbrook and Richmond schools. Share your thoughts and perspectives at these two upcoming events:

Review options

February 7, 2018
6:00 – 8:00 p.m.
Central Memorial High School
5111 - 21 St SW

Review proposed plans

March 19, 2018
5:00 – 8:00 p.m.
A.E. Cross School
3445 - 37 St SW



**Calgary Board
of Education**

Visit cbe.ab.ca/dialogue