

MARCH 2015

DELIVERED MONTHLY TO 5,100 HOUSEHOLDS

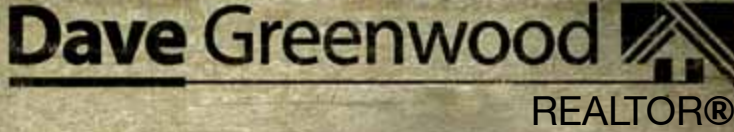

# the view at **BANKVIEW**

THE OFFICIAL BANKVIEW COMMUNITY NEWSLETTER


**AGM**  
**APRIL 22**

**BABYSITTER**  
**LIST INSIDE**

**MARCH IS COMMUNITY ASSOCIATION**  
**MEMBERSHIP AWARENESS MONTH!**





**\$\$\$ What's your HOME Worth \$\$\$  
SCAN HERE**



Go to [www.davegreenwood.net](http://www.davegreenwood.net) and find out Today!!

BANKVIEW		
6 MONTHS STATS	Avg Sale Price	# of Sales
Bungalow	\$625,133	12
Split Level	\$750,000	1
2 Storey	\$700,100	6
Townhouse	\$538,687	8
Apartment/Condos	\$264,642	48
<b>Total Sales</b>		<b>80</b>
<b>Average Days on Market</b>		<b>33</b>




**NEW LISTING**  
4910 22 Street SW  
\$1,900,000

Statistics obtained from the CREB® MLS® System

**Central SW Real Estate Specialist**  
"The follow up after the sale distinguishes Dave from the rest."

Office: (403) 245-0773  
Mobile: (403) 560-3523  
Website: [www.davegreenwood.net](http://www.davegreenwood.net)



Not intended to solicit persons currently under contract.



Suite 5100  
**Suncor**  
Energy Centre  
West Tower  
150 Ave SW



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**THE BEST OFFICE SPACE LOCATIONS  
IN DOWNTOWN CALGARY**

*Western Corporate Business Centre has 70,000 square feet of premium furnished Calgary office space in the heart of the city's business district.*



**Got a Great Idea?**

Small Grants of up to \$600 are available to support projects that strengthen connections between Bankview residents and make Bankview an even better place to live.

Check out some of the projects that have been funded in other neighbourhoods:

- Block Parties – Pedestrian Safety Campaigns – Community Murals – Community Clean-Ups – Container Gardening Workshops – Neighbourhood Walking Groups – Babysitting Cooperative start-up costs

Want More Information or a Grant Application?

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

Accepting applications from February 1<sup>st</sup> – June 30<sup>th</sup> 2015




**Bankview Community Association**  
2418-17 St. SW  
Calgary, AB T2T 4M8  
Phone: (403) 244-2544  
[bankviewcommunity@gmail.com](mailto:bankviewcommunity@gmail.com) | [www.bankview.org](http://www.bankview.org)

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## NEWSLETTER AD SALES

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[sales@great-news.ca](mailto:sales@great-news.ca) | [www.great-news.ca](http://www.great-news.ca)



**GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING BANKVIEW FOR 5 YEARS!**

# 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 2014-2015

DIRECTORS	TITLE - COMMITTEES
<b>Executive:</b>	
Pamela Murchison	Co-President
Jarett Henderson	Co-President
Gail Simper	Treasurer
<b>Directors:</b>	
Fred Clemens	Director
Kendall Moholityn	Director
Maureen O' Neill	Director-Social-Membership
Ken Peach	Director
Theresa Taylor	Director
Virginia Von Hahn	Director – Development
SUB-COMMITTEES	
<b>Development</b>	<b>Position</b>
Richard Burke	Development Chair
Pamela Murchison	Co-President – Board Liaison
Virginia Von Hahn	Director
Jeremy Sturgess	Development
Mike Waite	Development

## BANKVIEW COMMUNITY ASSOCIATION

### Membership Form

The Bankview Community Association needs you!  
 There are many ways to support your community,  
 one is by purchasing your 2014 membership!

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_  
 Home phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Family - \$20     Single - \$15

We hope you will take a minute and consider the volunteer section of the application. We have a lot to offer in Bankview, and many volunteers are needed to make these events a success.

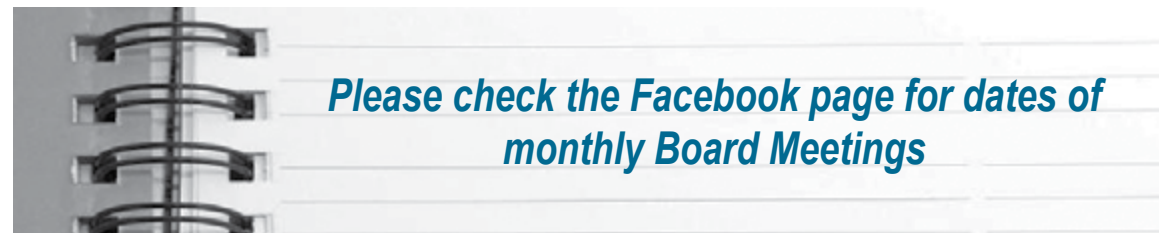
Could you help with any of the following?  
 Casino     Special Events

**FOR FURTHER INFORMATION, PLEASE CALL  
 THE HALL AT 403-244-2544**

Please drop off this form with payment to the  
**Bankview Community Hall**  
**at 2418 – 17 Street SW**



GOVT. CONTACTS	ADDRESS	BUSINESS	POSITION	EMAIL ADDRESS
Kirsten Pilger	City of Calgary-CNS Liaison	403.476.7179	Com. Rec. Coordinator	kirsten.pilger@calgary.ca
Joy Norstrom	City of Calgary-Neighborhood	403-809-8378	Community Social Worker	joy.norstrom@calgary.ca
Joan Crockett	Calgary	403-244-1880	MP	Joan.crockett@parl.gc.ca
Christine Cusanelli	Calgary	403-246-4794	MLA	calgary.currie@assembly.ab.ca
Evan Woolley	Calgary	403-268-2430	Councillor, Ward 8	evan.woolley@calgary.ca



Please Join Us For:



**2418 Seventeenth Street South West**  
**Wednesday, April 22, 2015**  
**7:00 PM**

@BankviewCA #BankviewCA    Bankview Community Association

Althea Adams  
 altheaadams@me.com  
**Editorial Content DEADLINE**  
**1st** of each month for the next month's issue

**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)  
[safetyync.com](http://safetyync.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.

# MARCH 2015 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Yoga with Valerie 403-243-3003 9am - 1 pm	3 Yoga with Valerie 403-243-3003 9am - 1 pm Brady Academy of Irish Dance 403-630-3384 6-9 pm	4 Tai Chi Private 6 - 9 pm	5 Yoga with Valerie 403-243-3003 9am - 1 pm Brady Academy of Irish Dance 403-630-3384 6-9 pm	6	7 Provincial Martial Arts Todd 403-850-9845 11am - 1 pm
8	9 Yoga with Valerie 403-243-3003 9am - 1 pm	10 Yoga with Valerie 403-243-3003 9am - 1 pm Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	11 Tai Chi Private 6 - 9 pm	12 Yoga with Valerie 403-243-3003 9am - 1 pm Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	13	14 Provincial Martial Arts Todd 403-850-9845 11am - 1 pm
15	16 Yoga with Valerie 403-243-3003 9am - 1 pm	17 Yoga with Valerie 403-243-3003 9am - 1 pm Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	18 Tai Chi Private 6 - 9 pm	19 Yoga with Valerie 403-243-3003 9am - 1 pm Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	20	21 Provincial Martial Arts Todd 403-850-9845 11am - 1 pm
22	23 Yoga with Valerie 403-243-3003 9am - 1 pm Pat Gomes 403-247-1509 7 - 10 pm	24 Yoga with Valerie 403-243-3003 9am - 1 pm Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	25 Tia Chi Private 6 - 9 pm	26 Yoga with Valerie 403-243-3003 9am - 1 pm Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	27	28 Provincial Martial Arts Todd 403-850-9845 11am - 1 pm
29	30 Yoga with Valerie 403-243-3003 9am - 1 pm	31 Yoga with Valerie 403-243-3003 9am - 1 pm Brady Academy of Irish Dance 403-630-3384 6 - 9 pm				



The **I Love My Neighbourhood** grant gives Bankview residents a great opportunity to make a difference in their community. It is an easy process, and you shouldn't feel intimidated by it (if you do, take a step back, deep breath, and just do it, it will all be fine). The process is meant to be conversational and fun. So how does it work?

Come up with a community building idea, an art show, a cooking class, a community potluck, a class teaching something that community members might like to learn (budgeting, woodwork, economical cooking, basic painting or knitting or sewing or quilt making or gardening or... you get the idea). Develop a plan that is manageable. Decide how you will get people involved. Make a budget (that's easy too, if you're worried about it, just ask us) and submit your request.

If there is something missing or incomplete don't be worried, we aren't afraid to ask you questions too. Submitting an application is really just starting a conversation, we want to work with you and make your event successful. Like I said: fun, friendly and conversation building.

Just so you know, we give money for things that are consumable, rental space or equipment, workshop supplies, advertising, etc. Sorry we do not cover things that are considered a capital cost such as purchasing a BBQ, but we would cover the cost of renting a BBQ for the day...you get the idea.

Feel free to e-mail us at [BankviewSmallGrants@gmail.com](mailto:BankviewSmallGrants@gmail.com) for your application form, or just to ask us questions. We can call or e-mail you, whichever you like. We are currently accepting applications from February 1<sup>st</sup> to June 30<sup>th</sup> 2015.

by James Faulkner  
'I Love My Neighbourhood' Small Grant Committee  
Member and Bankview Resident

**Scotiabank CALGARY MARATHON**

ALBERTA'S BEST ROAD RACE GOES NATIONAL.  
HOST OF 21.1K NATIONAL CHAMPIONSHIPS 2015

LA MEILLEURE COURSE SUR ROUTE D'ALBERTA VA NATIONAL.  
HOTE DES CHAMPIONNANTS NATIONAUX DE 21.1K DE 2015

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

Race Weekend  
May 28-31 2015  
[www.CALGARYMARATHON.com](http://www.CALGARYMARATHON.com)

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 10



## Bankview mybabysitterlist

Name	Age	Contact	Course
Kiera	12	403-922-6067	Yes
Faith	13	403-618-6040	Yes
Samantha	14	403-287-3740	Yes
Sam	14	403-287-3740	Yes
Emma	14	403-220-1537	Yes
Henry	14	403-719-8282	Yes
Kaitlynn	15	403-874-4034	Yes
Nia	16	403-991-8045	Yes
Izzy	16	403-483-1218	Yes
Eugene	17	403-703-4488	No
Abigail	17	705-706-4338	No
Kelsea	22	403-370-7170	Yes
Christoph	23	587-998-6172	Yes
Chandria	25	587-227-4107	Yes
Catherine	26	514-293-1395	Yes
Meg	33	403-467-7449	Yes
Salma	37	403-252-5052	Yes
Jonahley	50	403-837-6348	Yes
Lorraine	57	587-352-5337	Yes
Celine	64	403-815-7858	No

### Calling All BABYSITTERS

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

### Calling All PARENTS

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

**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](http://mybabysitter.ca).

## MARCH MOON CALENDAR




# MEMORIAL PARK

CALGARY  
PUBLIC  
LIBRARY

1221 2nd St. SW • [calgarylibrary.ca](http://calgarylibrary.ca)

General Inquiries: 403-260-2600 • Program Registration: 403-260-2620

Monday, Friday & Saturday 10 AM – 5 PM

Tuesday, Wednesday & Thursday Noon – 8 PM

Sundays (mid-Sept to mid-May) Noon – 5 PM

### March 2015

#### ESL Conversation Club (Intermediate)

Practice your English listening and speaking skills in this six week program.

Mondays, March 23 to April 27

2:30 - 4:30pm

Registration begins February 18

#### Spanish Conversation Club

Join volunteer coaches and practice Spanish speaking and listening skills through conversational exercises. This program is for learners with intermediate Spanish language skills. Ages 16 and up.

Wednesdays, March 25 to April 29

6:00 - 7:30pm

Registration begins February 18

#### Free Cards!

All Calgary residents can have a free Calgary Public Library card! Register online or visit any Calgary Public Library community library to get your card.



## CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

### Health and Wellness at the Calgary Board of Education

The Calgary Board of Education knows that students who are healthy and feel safe learn best. Our schools play a key role in working with students, families and communities to create vibrant, physically and mentally healthy schools.

We are committed to doing everything we can to promote student health in our schools, including creating strategies to foster safe and caring school communities, taking a whole-school approach to health, following the Alberta curriculum, and by working together with community partners to support students' health and wellness needs.

At the CBE, we believe in a whole-school approach to health and wellness. We call this our Comprehensive School Health (CSH) approach and it includes active living, supportive social environments and positive mental health. As a system we focus on the following four areas:

- healthy eating
- healthy relationships
- physical activity
- positive mental health

Every school is asked to create its own set of goals related to these four areas of focus. To support the schools in reaching their goals, the CBE has many different programs, partnerships and strategies to support our schools in creating healthy communities.

Students, staff and school communities have the shared responsibility of cultivating environments that welcome everyone and provide opportunities to thrive in life and learning. Since no two schools are the same, this looks different in every school.

The Board of Trustees is proud of what our schools have done and continue to do to create healthy, safe, positive, inclusive, and welcoming environments that support and respond to the needs of students and staff.

We welcome your comments, feedback and questions. You can contact the Board of Trustees at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca). Follow the Calgary Board of Education on Twitter @yycbedu.



**MUGS PUB**  
GREAT FOOD AND DRINK SPECIALS

1330 15 Avenue Southwest, Calgary  
(403) 228-2530  
[www.mugspub.ca](http://www.mugspub.ca)

10 cents wings and meatballs  
Wednesday and Saturday  
Pub Trivia 7:30 on Wednesday Night  
Happy Hour from 4-7  
Daily food and drink specials



3223 - 14 St SW • 403-260-2600 • calgarylibrary.ca  
 Mon-Thur 10:00 am – 9:00 pm • Fri & Sat 10:00 am – 5:00 pm  
 Sun (mid-Sept to mid-May) 12:00 noon - 5:00 pm

**Parent-Child Mother Goose (CPL)**

Enjoy a relaxing and fun hour of songs, rhymes and a story with your baby.  
 Ages up to 12 months with a parent/caregiver  
 Thursdays, March 26 to May 14 OR  
 Mondays, April 13 to 8  
 10:15 - 11:15 a.m.  
 Registration begins March 12

**Baby Bookworms**

“Grow a Reader” with books, rhymes and songs you’ll have fun sharing with your little one.  
 Ages 13 to 23 months with a parent/caregiver  
 Tuesdays, April 14 to May 19  
 10:15 - 11 a.m.  
 Registration begins March 11

**eBooks and Library Apps Coaching**

Drop in for help with Library apps including OverDrive, 3-M Cloud, Zinio, Freegal and Hoopla. Devices must be set-up and ready to use before the program. Familiarity with your device, including passwords needed to access apps, is required.  
 Wednesday, March 18  
 1:30 - 3 p.m.

**Drop-in Family Storytime**

Drop in for stories, songs and finger plays the whole family can enjoy.  
 Ages 2 to 5 with a parent/caregiver  
 Wednesdays, 10:15 - 10:45 a.m.

**Crafters: Bring Your Own Thing**

Join other crafters for coffee, conversation and creativity - knitting, needlework, paper crafts and more.  
 Fridays, 1:30 - 3 p.m.  
 (No program on April 3)

**Tax Clinic At Your Library**

Drop-in for free, one-on-one help with your tax return. First-come, first-served. In partnership with the United Way of Calgary and Area. Please note that there is an eli-

gibility requirement based on income.  
 Monday, March 9 AND Tuesday, March 10  
 5:30 - 8 p.m.

**You Are What You Eat: Understanding Food Labels**

Discover how being able to read and understand food labels can help with meal planning, improving your overall health and deciding which products are best for you and your family.  
 Wednesday, March 18  
 7 - 8:30 p.m.

**ESL Conversation Club (Intermediate)**

Practise your English listening and speaking skills in this six-week program.  
 Tuesdays, March 24 to April 28  
 6:30 - 8:30 p.m.

**Spanish Conversation Club – Spanish**

Join volunteer coaches and practice Spanish speaking and listening skills through conversational exercises. This program is for learners with intermediate Spanish language skills. Ages 16 and up  
 Wednesdays, March 25 to April 29  
 7 - 8:30 p.m.

**BRAIN GAMES SUDOKU**

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

**your COMMUNITY business of the month**

**Classique Beauty Atelier**

Bankview Community

It is a desire of all of us to possess healthy, radiant skin. Healthy skin is important, as humans assess each other based on skin appearance before any other attribute.

Unfortunately, throughout time, the skin is changing from both internal and external factors.

If you live in Calgary, you already know that the very dry climate can cause premature skin aging. Sun, smoking, stress, disease, alter the structure of the skin, making it sag, lose its firmness and suppleness.

There are also conditions like acne that simply cannot be ignored.

If you just want your skin to look radiant and attractive, you need to take good care of it. I can guide you through to achieve this goal, with custom treatments that will bring your skin to a healthy state for a lifetime. Your skin deserves this favour!

I have European training and more than 20 years practice in Europe and North America. I am very passionate about skin care, and that led me to open my own esthetic salon and spa, **Classique Beauty Atelier** in Bankview, where I've been for the past 15 years.

I specialize in all types of facials, from acne to anti-aging, microdermabrasion, chemical and enzyme peels, micro needling. Other services include: waxing, manicures and pedicures, eyelash/eyebrow tinting and shaping - as you know, eyebrows can make or break your look!

In order to better serve my clients, and after a thorough study of the brands on the market, I brought in the very best advanced professional skin care products, pharmaceutical grade and cosmetics: Guinot, SwissLine, PCA skin, Circadia, Dermalogica, Dermatude-Meta Therapy, Visage de Bebe, Colorescience-mineral make-up.

I also offer EndyMed treatments, one of the cutting-edge technologies. By stimulating the production of collagen and elastin, the skin looks brighter, firmer, with visible improvement of the texture, and reduction of the appearance of wrinkles and/or scars. After several customized treatments, your skin will look younger!

If you are interested in having a healthier, fresh looking skin, or you want to get rid of skin complexes that bothered you for years, book a complimentary 'Skin Analysis' appointment. You will get pampered with undivided attention in a very nice and cozy atmosphere.

Call Mariana at 403-228-1427 or email at mmarianacba@gmail.ca. www.classiquebeautyatelier.com

We are conveniently located in Bankview, at 2225 – 14 St, SW, with free parking at the rear.

Hours of operation: By appointment only, Tuesday to Saturday, flexible hours.

I'm looking forward to meeting with you and helping you have the beautiful skin you have been always dreaming of!

*Classique* beauty atelier

Specializing in all types of facials, from acne to anti-aging, microdermabrasion, chemical and enzyme peels, micro needling, I also offer waxing, manicures and pedicures, eyelash/eyebrow tinting.

To book a complementary skin analysis appointment, call 403-224-1427

We are conveniently located at 2225-14 Street SW, with free parking available.

Hours of operation: flexible hours by appointment only (to fit your busy life style) Tuesday to Saturday

I'm looking forward to meeting you and helping you to have the beautiful skin you've been dreaming of!

# HUMANA MEDICAL CLINIC

the family clinic with the human touch

WHERE NEW PATIENTS AND WALK-INS ARE WELCOME

## HOURS OF OPERATION

8:00 am to 8:00 pm Open 7 Days a Week

Humana's clinics are CLOSED on Statutory & Civic Holidays



## DALHOUSIE STATION

PH: (403) 202-8888

#183, 5005 Dalhousie Drive NW  
Calgary, Alberta T3A 5R8

### These Family Physicians ARE ACCEPTING NEW PATIENTS

Dr Sanjeeve Sockanathan MRCGP  
Dr Umaru Ahmadu-Alli MD  
Dr Jane Flynn MD  
Dr Oluwaseun Oyeniran MD, MRCGP

#### Female Family Physician

Dr Rosario Guevara MD

## WOMEN'S IUD CLINIC NOW OPEN EVERY SATURDAY

SHORT WAITING

IMMEDIATE APPOINTMENT

CALL 403-202-8888



## GLENBROOK PLAZA

PH: (403) 686-6967

#136, 3715 - 51 Street SW  
Calgary, Alberta T3E 6V2

### These Family Physicians ARE ACCEPTING NEW PATIENTS

Dr. A.A. (Tayo) Alawiye  
Dr. Victor Fadayomi

#### Female Family Physician

Dr Rosario Guevara MD

in & around your community



## Marda Loop Justice Film Festival

### Uyghurs, Prisoners of the Absurd

Director: Patricio Henriquez

Tuesday, March 10 7:00PM River Park Church

In the Chinese autonomous region of Xinjiang live the Uyghur, an Islamic people of Turkish origin. Since the area was incorporated into China, they have become a persecuted minority in their own country. In October 2001, a group of Uyghurs, who had tried to find sanctuary in Afghanistan, faced a new and unexpected misfortune. The U.S. was attacking the country at the time in efforts to find Osama bin Laden and al-Qaeda fighters, and the local population was being encouraged to report terrorists in exchange for cash. More than 20 Uyghur men were delivered into the hands of the Americans in this way. The refugees were transported to Guantanamo Bay, where they were imprisoned for many years, initially without any form of judicial process, and later proven innocent. For many years their freedom was obstructed by all manner of international political issues and interests. How could this have happened? Three of them speak openly about the years of hell they went through as refugees, and about their frustrating and tragic time being locked up. Their deeply shocking account is complemented by news footage on the affair and interviews with others involved, including the interpreter at Guantanamo, their passionate lawyer, and a judge who took a personal interest in the fate of these prisoners.-

Check out [www.justicefilmfestival.ca](http://www.justicefilmfestival.ca) for the schedule, conversation leaders, sponsors, and NGOs

Like Us on Facebook! <https://www.facebook.com/JusticeFilmFestival>

See trailers on YouTube <https://www.youtube.com/user/JusticeFestivalFilm/playlists>

Twitter: @JusticeFilm

## March is Community Association Membership Awareness Month!

*Did you know that March is Community Association Membership Awareness Month, as proclaimed by Mayor Naheed Nenshi?*

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

Your community association wants to get to know you and hear from you. They want you to feel safe and love where you live. Most importantly, they want you to be part of it! So take a minute during March Community Association Membership Awareness Month and find out more about yours and how you can get involved.

For questions or more information on March Community Association Membership Awareness Month please contact Rebecca Dakin with the Federation of Calgary Communities at (403) 244-4111 ext. 204 or [communityrelations@calgarycommunities.com](mailto:communityrelations@calgarycommunities.com).

# BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Bankview. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**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 \$3185, water heaters \$715, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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

**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.

**YARDBUSTERSLANDSCAPING.COM:** Weekly lawn mowing \$38.50, power-rake \$120, aeration \$65. Some conditions. Landscape construction: patio stone and pavers, stone walks and rock walls, raised beds, fire pits, landscape lighting, water features, sod and decks and fences. Ask for your complimentary 2015 Outdoor Idea Book. Licensed. Insured. Seniors discount. Phone: 403-265-4769, YardBustersLandscaping.com.

## TUTOR DOCTOR - STRUGGLING IN SCHOOL?

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www.meetways.com  
www.attackofthecute.com



## in & around your community

cont'd ■ ■ ■

## Graffiti Prevention and Resources

Graffiti is vandalism and it hurts everyone. Its presence suggests to vandals that residents don't care about their community.

Graffiti is defined as words, figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed, or attached on or to a surface. The markings may appear on any surface, including walls, fences, mail boxes, newspaper vending machines, signs, utility boxes, roads, sidewalks and windows.

"The Broken Windows Theory" has proven time and time again that graffiti will attract further vandalism and crime if not addressed. This theory is based on the premise that if disorderly behaviours such as graffiti and littering are left unchecked in a community, they invite more serious crime and disorder.

- If you see graffiti in progress, please call 911
- Record graffiti that you see in your community.
- Report the recorded information to 311.
- Remove the graffiti within 72 hours if it is on your property.

The following are some tips on how to protect you and your property from being victimized by graffiti:

### Fences, Hedges and Plants

- If you are installing a fence consider staggering the fence posts so there is not a smooth canvas for a vandal to write on.
- Use fences, rails and other barriers to discourage through traffic in areas where graffiti could be an issue.
- Plant a hedge, this will give you privacy and doesn't leave a canvas for a graffiti vandal.
- Put in shrubs, clinging plants such as ivy, or plants with thorns to protect exposed walls. This will break up the writing space and make it harder for vandals to paint the wall.
- Trim trees or bushes that block the public's view of potential targets and vandals.

### Lights

- Install motion-detector lights at the rear of your property; this will make vandals feel exposed but not give them continuous light to work by and can prevent "show casing" the graffiti.

### Paint

- Talk to your local paint store about applying a transparent coating to make graffiti removal easier.
- When painting, choose paint colours that are darker and keep leftover paint for touch-ups.

### Keep up the Neighbourhood

- Keep your property in good repair and free of vandalism. Graffiti and other forms of vandalism left on properties are open invitations for more, not just on your property but on your neighbour's as well.
- If graffiti does appear on your property, try to remove it within 72 hours, this will significantly decrease the chance of it reoccurring.
- If the graffiti is not on your property, please do not remove it yourself. Please record and report graffiti you see on a neighbour's house, fence, schools, parks, bus shelters, etc.
- Encourage your neighbours to watch for and report graffiti vandals.

### Resources

- Discounted colour match paint and graffiti removal supplies available at your local Cloverdale Paints or ICI paint stores.
- Corporate Coordinated Graffiti Abatement Program (CCGAP):
  - If you are not able to remove the graffiti yourself, the City provides limited graffiti removal services free of charge. Go to [www.calgary.ca/animalbylaw](http://www.calgary.ca/animalbylaw) services and click on Graffiti and Our Services for more information. Graffiti removal tips are also provided on this page.

Residents can also call 311 to get a Community Standards Logbook. This pocket-sized booklet is free of charge and outlines potential bylaw infractions that citizens can watch for. It provides important information about how to report problems, log pages to record details and steps that will be taken after infractions are reported.

Community Cleanups: Information can be found at [www.calgary.ca/cleanup](http://www.calgary.ca/cleanup)

If we all strive to be more proactive, we help to ensure that all Calgarians live in safe, healthy and vibrant communities.





## COUNCILLOR, WARD 8 EVAN WOOLLEY

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

### What Makes Your Neighbourhood, Yours?

#### Residents know their neighbourhoods best.

All across the city, there are people with tremendous pride in their community who want to be connected with their neighbourhoods. I know that when neighbourhoods thrive, the people who live there also thrive. I want every Calgarian to be able to say with pride, "this is my neighbourhood!"

Starting in early 2015, and over the next two years, The City of Calgary will be working in communities across Calgary to help residents define a vision for their neighbourhood.

In the coming months, City staff will arrange several opportunities Bankview residents to talk about and develop a vision specific to what they want to see in their community. I hope as many community members as possible participate. Once this is completed, we will work together to align City and community resources to accomplish this vision to create an inspiring neighbourhood.

Watch for opportunities in Bankview to get involved. Visit [calgary.ca/strongneighbourhoods](http://calgary.ca/strongneighbourhoods) for more details coming soon.

#### Because Our Transit Drivers Rock, We Roll On March 18, let's say thanks.

Every weekday, over half a million Calgarians get around the city with the help of Calgary Transit's drivers. Their jobs aren't always easy, and I want to recognize them for their hard work.

Transit operators do so much more than just drive; they ensure passenger safety, keep to a schedule, check fares, give directions, remember stop requests, all while manoeuvring large vehicles through unpredictable traffic, adverse weather and tight spaces. Most do all of this and more with a smile on their face.

On Wednesday, March 18, join me in celebrating our hard-working bus and CTrain drivers. It could be as simple as saying thanks or giving your driver a smile and wave. You can also send a tweet to @calgarytransit thanking your driver, or you can say thanks the old-fashioned way with a handwritten card. These small gestures make a big difference in a person's day, so I encourage you take a little bit of time to thank your bus or CTrain operator on March 18.

For more information, visit [calgarytransit.com](http://calgarytransit.com).

If you have any questions or comments for my office, please call 403-268-2430 or email me at [Ward08@calgary.ca](mailto:Ward08@calgary.ca).



## Got Text Neck?

Over the past few years I have noticed an ever-increasing rate of neck and upper back injuries that are directly related to the overuse of laptops, tablets and smart phones. These types of injuries are referred to as postural strains of the neck and upper back or more commonly as "text neck" or "computer posture".

Now, I am not saying that you should give up your electronic devices. The problem however, lies in how people use their technology. Just observe anyone using their iPad. They typically look down, with the neck and upper back flexed forward, shoulders rolled inwards, and chest pulled downwards. This results in tight upper back (trapezius) and chest muscles (pectoralis) while the muscles on the front of your neck (flexors) and between your shoulder blades (lower trapezius, rhomboids) become weak. Ultimately, this "slouched" or anterior head position increases the load placed on the spine, shoulders and all related soft-tissues resulting in muscle strains, neck & back pain, and tension headaches.

Now for the good news! These postural strains and muscle imbalances can be effectively treated and corrected through simple exercises and postural awareness. There's no magic to it; I always recommend that my patients should strengthen weak muscles and stretch tight muscles and by doing so they can restore muscle balance, correct poor posture and resolve their aches and pains. Through simple changes in lifestyle and increased knowledge about what is causing your problem, you can break the vicious cycle (sedentary work, poor posture, lack of exercise, etc.) caused by hunched over technology use. So get up and exercise, take breaks from your laptop and smart phone, and you will gain energy, feel better, and improve your overall health.

*Dr. Evangelos Mylonas, DC*

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the following month's publication**

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

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

**EYE LOVE STORIES IN CUPIDS, NEWFOUNDLAND**

With love-struck towns like Heart's Content, Heart's Desire and Heart's Delight, Newfoundland may very well be Canada's most romantic province. It's population is tiny (pegged at about 790) but perched on Conception Bay, Cupids has plenty of beauty to boast about.

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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	403.943.5465
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 Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	1.800.332.1414
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
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 (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654

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**APRIL 8 – JOURNEY BEYOND THE JUNGLE WITH DR. JANE GOODALL**  
 This extraordinary evening offers a unique look into the lives of the animals with whom we share the world.  
 1.855.985.5000 / [www.jubileeauditorium.com](http://www.jubileeauditorium.com)



**APRIL 16 TO JUNE 21 – MONTY PYTHON'S SPAMALOT**  
 A new musical lovingly ripped off from the motion picture "Monty Python and the Holy Grail." 403.243.6642 / [www.stagewestcalgary.com/](http://www.stagewestcalgary.com/)



**APRIL 23 – THE HARLEM GLOBETROTTERS**  
 This must-see event is guaranteed to entertain the whole family. 7:00 PM at the Saddledome.  
[www.harlemglobetrotters.com](http://www.harlemglobetrotters.com)



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

- 1
- 2
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- 4 • **April 4 – Calgary Roughnecks vs. Colorado Mammoth** at 7:00 pm at the Saddledome. [www.calgaryroughnecks.com](http://www.calgaryroughnecks.com)
- 5 • **April 7 – The Cat Empire.** With Current Swell. 8:00 PM at MacEwan Ballroom. [www.thecatempire.com](http://www.thecatempire.com)
- 6
- 7 • **April 7 – Calgary Roughnecks & Edmonton Rush** face off at 7:30 pm at the Saddledome. [www.calgaryroughnecks.com/](http://www.calgaryroughnecks.com/)
- 8
- 9 • **April 9 – Calgary Flames vs. Los Angeles Kings** at 7:00 pm at the Saddledome. [www.flames.nhl.com](http://www.flames.nhl.com)
- 10 • **April 11 – Charlie A'Court:** If you go down to the crossroads of roots and soul, you'll find singer, songwriter and guitarist Charlie A'Court. 403.949.4114 / [www.braggcreekperformingarts.com](http://www.braggcreekperformingarts.com)
- 11
- 12 • **April 11 – Eric Church:** The Outsiders World Tour 2015. With special guests Brothers Osborne. 7:30 PM at the Saddledome. [www.ericchurch.com](http://www.ericchurch.com)
- 13
- 14 • **April 16 – Caribou** with guests. 8:00 PM at Flames Central. [www.caribou.fm/](http://www.caribou.fm/)
- 15
- 16 • **April 21 – Mastodon and Clutch: The Missing Link Tour.** 6:00 PM at MacEwan Hall. [www.mastodonrocks.com](http://www.mastodonrocks.com)
- 17
- 18 • **April 22 – Def Leppard.** The group's spectacular live shows, filled with powerful melodic rock anthems, have become synonymous with their name. 7:30 PM at the Saddledome. [www.defleppard.com](http://www.defleppard.com)
- 19
- 20 • **April 23 – Kiesza: Sound of a Woman tour.** With Betty Who. 8:00 PM at MacEwan Hall. [www.kiesza.com](http://www.kiesza.com)
- 21
- 22 • **April 24 to May 9 – Red Riding Hood.** An old favourite comes to life in the imagination of a brother and sister. 403.216.0808 / [www.storybooktheatre.org](http://www.storybooktheatre.org)
- 23
- 24 • **April 30 – OneRepublic: Native Tour.** With LIGHTS. OneRepublic released their third studio album Native in March, 2013 where it debuted at No. 4 on the Billboard Top 200 chart. 7:30 PM at the Saddledome. [www.onerepublic.com/](http://www.onerepublic.com/)
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### Bankview Real Estate Update

#### Last 12 Months Bankview MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2015	\$0	\$0
December 2014	\$0	\$0
November 2014	\$677,466	\$671,966
October 2014	\$599,660	\$586,000
September 2014	\$562,442	\$549,250
August 2014	\$664,816	\$652,166
July 2014	\$789,560	\$776,800
June 2014	\$611,600	\$603,366
May 2014	\$512,933	\$508,333
April 2014	\$666,740	\$659,560
March 2014	\$637,300	\$643,475
February 2014	\$500,000	\$533,060

#### Last 12 Months Bankview MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2015	7	0
December 2014	4	0
November 2014	7	3
October 2014	7	5
September 2014	4	2
August 2014	10	6
July 2014	4	5
June 2014	6	3
May 2014	9	3
April 2014	8	5
March 2014	4	4
February 2014	5	2
<b>Total</b>	<b>75</b>	<b>38</b>

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

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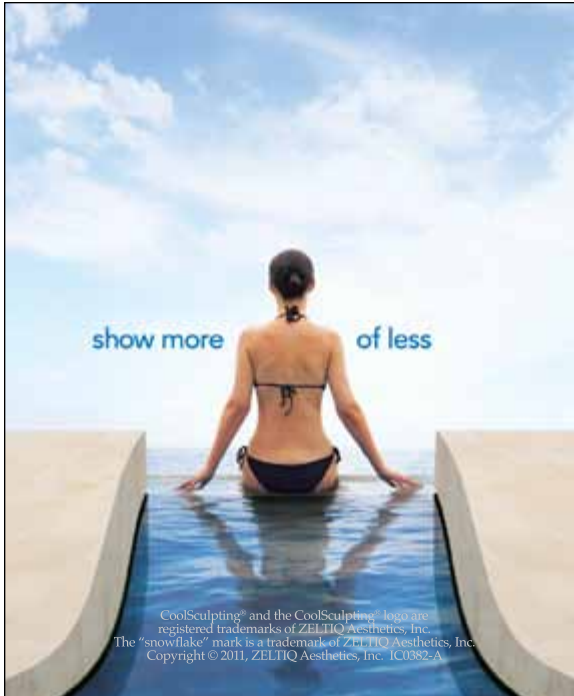
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