

AUGUST 2023

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THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



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UNIVERSITY OF
CALGARY

Have you considered renting a spare bedroom in your home to a UCalgary student?

Calgary is experiencing a housing shortage, and university students are actively seeking rooms to rent for September. Your guest room could be the perfect solution!

By renting a room to a student, you can provide them with a comfortable living environment while earning some extra income for yourself.

We recommend posting your spare room for rent on either [spaceshared.ca](https://www.spaceshared.ca) or [places4students.com](https://www.places4students.com) if you're interested. SpacesShared connects older adults interested in homesharing with students, and UCalgary's Students' Union works in partnership with Places4Students.



OFFICIAL



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No one has to face cancer alone.



Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone.

At Wellspring Alberta, you'll find a place to connect with others, be yourself, and find the support you need to face cancer.

wellspringalberta.ca | 1.866.682.3135
Charitable Reg. #809013675RR0001

BTCA Memberships

There is no charge for membership for the year. Memberships run from March to February. Registrations still required. If you would like to become a member and find out about upcoming events and ongoing activities, please send an email to membership@banfftrailcommunity.ca

Please include your name, address, phone number, partner's name, and how many children you have under the age of 18.

Banff Trail Community Association

BOARD MEETING

Second Wednesday of every month

From 7:00 to 9:00 pm

Google Meet video call link:

<https://meet.google.com/gsd-cyzo-fhx>.

Have questions about Hall rentals or availability?

Contact our Facility Manager at 403-282-2234
or hallmanager@banfftrailcommunity.ca

Office hours are Tuesday and Thursday 6:30 to 8:00 pm

HOWLER SUBMISSIONS

Do you have an interesting story you think should be in The Howler? Know of someone living in Banff Trail how deserves to be featured in our newsletter? How about photographs of our community? If you do please contact howlereditor@banfftrailcommunity.ca.



Remember, www.BanffTrailCommunity is the place to look for short-notice events, and more community info. Check out Banff Trail Community through social media through the following:

Facebook: @BanffTrailCommunity.ca

Instagram: @banfftrailyyc | **Twitter:** @BanffTrailYYC

Banff Trail Community Association

2115 20 Avenue NW • T2M 1J1 • 403-282-2234

VOLUNTEER EXECUTIVES

President	Rolland Lequier president@banfftrailcommunity.ca
Vice-President	Nathan Chandler VP@banfftrailcommunity.ca
Treasurer	Kathy Quinn-Bayrock treasurer@banfftrailcommunity.ca
Secretary	Evan Gillespie secretary@banfftrailcommunity.ca

VOLUNTEER DIRECTORS

Planning and Development	Kathryn Davies development@banfftrailcommunity.ca
Memberships and Communications	Kimberley Jordan membership@banfftrailcommunity.ca
Events Coordinator	Kerstin Plaxton events@banfftrailcommunity.ca
Programs	Marlise Westeinde program@banfftrailcommunity.ca
Facility Coordinator	Patrick Oscienny facilities@banfftrailcommunity.ca
Community Safety	Vacant
Governance	Vacant
Howler Editor	Ravenmoon Spicer howlereditor@banfftrailcommunity.ca
Ice Rink Volunteer and Coordinator	Llyal Grummett rink@banfftrailcommunity.ca

DIRECTORS AT LARGE

Paula Kahr

SPECIAL REPRESENTATIVES

Soccer Coordinator	Marlise Westeinde soccer@banfftrailcommunity.ca
Community Garden	Marie Fraser btcommunitygarden@gmail.com
Conversation Club	Patricia Kostas 403-284-9487

STAFF

Hall Manager	Abi Harker hallmanager@banfftrailcommunity.ca
Bookkeeper	Theresa Ouellette

YOUR REPRESENTATIVES IN BANFF TRAIL

City Councillor	Terry Wong Ward7@Calgary.ca
MLA	Luanne Metz (Calgary-Varsity) Calgary.Varsity@assembly.ab.ca ; 403-216-5456
MP	Len Webber (Calgary Confederation) Len.Webber.c1@parl.gc.ca ; 403-220-0888

The Banff Trail Conversation Club

Let's talk! Meet new people. Hang out in a social setting. Exchange ideas, thoughts, and opinions. Join us in community discussion and so much more!

**Come talk with us!
Newcomers welcome.**

Every Monday from 1:00 to 3:00 pm
at the Banff Trail Community Hall.

For more information,
contact Patricia Kostas at
403-284-9487



Buy Nothing Project

Buy Nothing Project Banff Trail, Capitol Hill, Briar Hill-Houndsfield Heights: Find us on Facebook by Searching for: "Buy Nothing Banff Trail, Capitol Hill, Houndsfield-Briar-Hill". Give freely. Share creativity. Create community and connection with your neighbours. Post anything you'd like to give away, lend, or share among neighbours. Ask for anything you would like to receive for free or borrow. Keep it legal. Keep it civil. No buying or selling. No trades or bartering. No soliciting for cash. We are an adult-only, hyper-local gift economy. We are not a charity or community bulletin board. For more information, visit www.buynothingproject.org.



Artists of Banff Trail

If you are an artist in Banff Trail and would like to exhibit your work in the Banff Trail Artist Exhibit, please email your submission to Tereseamullin@gmail.com. Use the subject line "Banff Trail Howler Exhibit." Please include up to five images, your artist statement, and brief biography if applicable.

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BANFF TRAIL COMMUNITY

SPLASH AND DASH COMMUNITY WATER FIGHT

AUGUST 16TH 5-7PM

BRING YOUR WATER GUNS, WATER CANONS ETC. LETS HAVE A FRIENDLY WATER FIGHT TO CELEBRATE THE SUMMER SUN!

Reducing Hunger Today, Educating for Tomorrow

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Brought to you by the Community Kitchen Program of Calgary

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Email: goodfoodbox@banfftrailcommunity.ca

To place your order

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Banff Trail Community Association

Have you renewed your membership?

Memberships must be renewed 30 days in advance of the AGM to vote.

Email membership@banfftrailcommunity.ca to renew

2023
Annual
General
Meeting



Dr. Craig Sabey
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Joke of the Month

Why do seagulls fly over the sea?
Because if they flew over a bay,
they would be bagels.



**BRAIN
GAMES**

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE
FOR THE ANSWERS!



News from the Friends of Nose Hill


by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A What We Heard Report will be published online this summer. Phase 2 starts in October 2023.



In the 1940s, American naval engineer Richard T. James accidentally knocked a spring off a shelf. The spring arched and flipped over itself, landing on several surfaces before falling back into a coil. This inspired his invention of the ever-popular "Slinky" spring toy. As a result, August 30 is National Slinky Day in the US!

Help is Available

Have you or someone you know recently been the victim of a crime?

As difficult as it can be to talk about, it is important to know what supports are available to you as a victim. The Canadian Victims Bill of Rights recognizes the rights of victims of crimes committed and prosecuted in Canada. It aims to better protect the rights of victims of crime while providing them with increased support during their contact with the criminal justice system.

Anyone who suffers from physical or emotional harm, property damage, or economic loss as a result of a crime is entitled to certain supports. These are available while an offence is being investigated and prosecuted, and while the offender is going through the corrections process.

In Canada, victims have the right to information, protection, participation, and restitution. This means that victims will have the right to be informed about the progress of their case, to be protected from intimidation and retaliation, to participate in the proceedings to the extent they wish, and to receive restitution where appropriate.

If these rights are not respected, they have the right to make a complaint to the Victims Bill of Rights Commissioner. With this information, the Commissioner can make recommendations on how to improve the system.

Victims also have the right to request information about their case and the process of the criminal justice system, including available victim services and programs, the status and outcome of the investigation or criminal proceedings, and information about the release of the offender.

These resources are a significant step towards ensuring that victims are treated with the fairness, dignity, and respect they deserve. I encourage anyone who is a victim of a crime to educate themselves on their rights and the resources available to them at www.canada.ca/en/services/policing/victims.html.

Banff Trail Community Association

Community Clean Up



3009 Morley Trail NW

William Aberhart Parking lot

Sept 2nd 9am-2pm

Accepting:

- Furniture (mattresses, sofas, chairs, desks, dressers, etc.)
- Toilets
- Broken recreational items (old treadmills)
- Lumber from old fences and decks
- Weird items: garden gnome collection, broken grandfather clock, taxidermy items
- Electronics for recycling
- Small household items for donation to Cerebral Palsy
- Bottles for donation to the BTCA Events Fund
- Household batteries

BUSINESS CLASSIFIEDS

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ROTARY RIBFEST - SEPT 8-10: The famous BBQ Rib and Chicken trucks from the Stampede events will be providing the food and the Rotary clubs are hosting the family fun festival with live bands, beer garden, food trucks and fun for the whole family. Check out the website for the schedule of the bands. yycrotaryribfest.ca.

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.

JOSHUA BLAIR CLASSICAL OSTEOPATHY: Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

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BANFF TRAIL
COMMUNITY ASSOCIATION

MUSIC IN THE PARK

✦ ✦ ✦ ✦ ✦ 2023 ✦ ✦ ✦ ✦ ✦



4 AUGUST

5-8PM

FREE ENTRY

NADI DOWNS DUO ✦ ARMANDO BARRAHONA ✦ RONDEL ROBERTS DUO

2115 20 AVE NW, BANFF TRAIL C.A.

BANFF TRAIL
COMMUNITY ASSOCIATION

MUSIC IN THE PARK

★ ★ ★ ★ ★ 2023 ★ ★ ★ ★ ★



1 SEPTEMBER

5-8PM

FREE ENTRY

ALEXIS MEIER DUO



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