

FEBRUARY 2023

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your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



Dr. Luanne
Metz
CALGARY-VARSITY



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Palimpshed Project

Palimpshed Project has a new artist onsite! Stay tuned for an update. The Palimpshed Project was created by Banff Trail resident, Terese Mullin, and is a local urban art spot in Banff Trail that offers an opportunity for mural artists! This lane way space is located in the alley running along the south side of Edelweiss Village. Go check it out! See @palimpshed on Instagram for more details and watch for a call for submissions. Send inquiries to Terese Mullin at palimpshed@gmail.com.

Mural pictured here is by artist Justin Scott.



Registration opens March 1st
www.banfftrailcommunity.ca

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Many thanks to the volunteers of all ages who have participated in maintaining the ice rink this year. It takes a lot of time to flood the rink but also takes countless hours to remove the snow from the ice after each snowfall...and it can get pretty heavy! Many thanks to Llyal and his crew of volunteers who have contributed their time and energy so that community members of all ages can enjoy our wonderful ice rink. Many thanks to the community members who lent a hand and to those who continue to do so. Your dedication is appreciated.

Hang in there! Spring is just around the corner. It won't be long until we are tending to our gardens again. With the rising costs of vegetables and cooking ingredients, the Banff Trail Community Association offers community gardens for rent, but spaces are limited. Why not grow your own medicines or flowers? Reserve your space soon! Contact Marie Fraser at btcommunitygarden@gmail.com for more information.

It's time again to register for Banff Trail's Soccer Program! With the last World Cup now ended, there are more enthusiasts than ever! The BTCA is dedicated to providing an affordable soccer program for kids who are interested in being part of this amazing sport. What a great way to get exercise, make friends, and learn to work together as a team. More details coming soon.

Have any kids in your household? If you have a kid between the ages of 12-17 who is looking to get involved while having fun, we have an opportunity for you! The Banff Trail Youth Council meets once a month and has already done remarkable things for our community. A Youth Group helps foster character, build leadership skills, and provides the opportunity to make new friends! Email ycl@banfftrailcommunity.ca. Many thanks to these amazing young leaders for all they have accomplished and for all their community contributions!

Your Banff Trail Membership is absolutely free! Six years ago, the Banff Trail Community Association voted to set memberships to zero dollars in order to include everyone. For new memberships, please provide your name, contact information, and let us know if you live within the Banff Trail neighbourhood boundaries to membership@banfftrailcommunity.ca. Or just let us know if you wish to renew as a member for an additional year. Thank you so much for your support! Welcome to all new members!

Want to get your Banff Trail Howler before it comes in the mail? Check out https://mycalgary.com/magazines/banff_trail/.

If you have anything you're interested in, don't hesitate to get involved. Our meetings are now on the second Wednesday of the month from 7:00 to 9:00 pm. Feel free to call 403-282-2234 or email hallmanager@banfftrailcommunity.ca. You are more than welcome to join us! You can also join us or see what is going on every month via online video using this link: <https://meet.google.com/gsd-cyzo-fhx>. The Banff Trail Community Association (BTCA) consists of a wonderful group of neighbours who are here to make Banff Trail a great place to be. Thank you for all your time and volunteering efforts.

Your editor for the Banff Trail Howler,

Ravenmoon Spicer

Acknowledging and Honouring Indigenous cultures: Calgary (and Banff Trail) is situated at Mohkínsstsis (in Blackfoot); Wichispa (in Stoney); or Guts'ists'i (in Tsuut'ina) in Treaty 7 Territory, Home of the Blackfoot Nations, Stoney-Nakoda Nations, Tsuut'ina Nation, and Home of the Métis Nation of Alberta, Region 3. We pay our respect to the First Nation and Métis ancestors of this place and reaffirm our relationship with one another; in doing so, we are actively participating in reconciliation as we navigate our time in this course, learning and supporting each.



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Banff Trail Howler Artist Exhibit

Created and curated by Terese Mullin

Artist Judy Perrin – Banff Trail Resident

“‘Feel the fear and do it anyway,’ has always been my motto! I love to experiment with different mediums and techniques in my work. The element of spontaneity and surprise keeps my work fresh and interesting. I do not use references to paint from, diving straight in, I am never sure of the outcome until my intuition guides me down a certain path.

On a daily basis, I see opportunity for new shapes, colour, light patterns, mark making, as I gather twigs to paint with. I see things that most would overlook. My mind is always on overdrive and subconsciously my soul retains images which eventually portray themselves in my final work.” – Perrin

Interview with Judy Perrin

What is your favourite medium to work with and why?

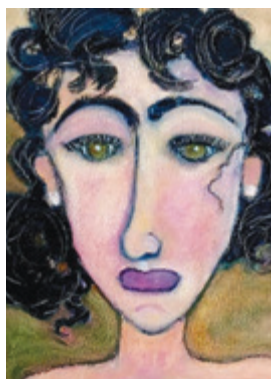
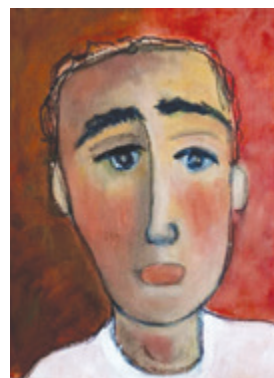
Perrin: I love all mediums, acrylics, watercolours, encaustics (painting with hot waxes), and oil sticks, which are wonderful for going over other mediums and which offer immediate textured results. Each medium has its own beauty and offers its own advantages to the outcome one is seeking. I am an art junkie and love to try everything!

You worked as nurse for many years. In what way, if any, do art and nursing converge? Does one affect the other, in your experience?

Perrin: Yes, nursing was my profession and passion for 35 years and has coincided with my passion for art. I worked mainly in the area of palliative care. Art can be a wonderful tool for those in pain, as a distraction from their discomfort... Because I am a creative person, I would often see other ways of caregiving, apart from the norm.

When did you first discover your love of art?

Perrin: When I was a kid in junior high school, horses were a big part of my life and I would spend a lot of time at home and in class sketching horses. It was way more fun than Social Studies! I think sketching these magnificent creatures was the beginning of my creative exploration in art. That having been said, I put my sketchbook away for many years to start a career and then raise a family. In later years, circumstances brought me back in a big way to explore this burning desire within me to paint and be a creative. As my daughter tells me, it is in everything I do!



You have moved through several areas of interest regarding your subject matter. What is it that causes you to take on a new area of study, from landscapes to crows, for example?

Perrin: I love change and that would explain the many series I have produced, from encaustics, mixed media, abstract landscapes to florals, crows, and more recently, “wonky” portraits. I love to attempt to paint different subject matters; it is more of a challenge for me and keeps me learning and my art moving forward.

Do you know why Impressionism has influenced your work?

Perrin: Impressionism has always been a style of painting that intrigues me and lends itself to personal interpretation, more so than Realism. Some of my favourite artists have had a profound effect on the style I use in my work, such as Wolf Khan, Modigliani, van Gogh, Monet, Rothko, Picasso, The Group of Seven, to name a few.

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: @Banff TrailCommunity.ca

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

Banff Trail Community Association

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

EXECUTIVES

President	Rolland Lequier president@banfftrailcommunity.ca
Vice-President	Vacant VP@banfftrailcommunity.ca
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Secretary	Laura Sharp secretary@banfftrailcommunity.ca

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Facility Coordinator	Patrick Oscienny facilities@banfftrailcommunity.ca
Community Safety	Vacant
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Howler Editor	Ravenmoon Spicer howlereditor@banfftrailcommunity.ca

DIRECTORS AT LARGE

America Astete, Evan Gillespie, Llyal Grummett,
Margaret Curelas, Nathan Chandler, Paula Kahr

VOLUNTEERS

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

CONTRACTORS

Hall Manager	Vacant hallmanager@banfftrailcommunity.ca
Bookkeeper	Theresa Ouellette

Need Affordable Food?

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development, and promotes healthy eating.

What Is It?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby they purchase fresh fruits and vegetables at a very low cost from growers and distributors in Calgary. The Good Food Box is a hand-up program as opposed to hand-out. They offer all Calgarians and surrounding areas sustainable access to nutritious food to ensure that everyone can afford fresh produce, so no one has to go hungry. The boxes are put together by dedicated volunteers who, along with The Community Kitchen Program and the BTCA, desire to see individuals and families accessing affordable nutritious food.

Information

Anyone will soon be able to order an affordable box of fresh produce to be picked up locally each month. Please email goodfoodbox@banfftrailcommunity.ca for more information about the program.



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For order dates and depot locations, please visit
www.ckpcalgary.ca/program-services/good-food-box

For more information, please contact

goodfoodbox@banfftrailcommunity.ca



The Banff Trail Community Association offers a safe and inclusive environment that is welcoming to all individuals.

Ladies Poker Night | 7:00 to 9:00 pm

Ladies! It's that time of the month again!

Next Meeting: Friday, February 24

Last Friday Of Every Month | Banff Trail Community
Association | 2115 – 20 Avenue NW

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.



Steak Date Night

The Banff Trail Community Youth Council is excited to offer a Steak Date Night at the Banff Trail Community Association Hall, 2115 20 Avenue NW, on February 11 from 6:00 to 9:00 pm. Enjoy a tenderloin steak cooked to your liking, garlic mashed potatoes, peppercorn gravy, roasted carrots, garlic bread, Caesar salad, and a special Valentine's dessert for only \$30 per plate!

Please purchase tickets in advance for this intimate evening by emailing ycl@banfftrailcommunity.ca. Limited seats available.

All proceeds will be used to reinstate the community pantry.

Kimberley Jordan

Youth Council Leader



Ice Rink Volunteers Needed!

We need help to flood and set up our beloved ice rink. Moreover, during the colder months, this requires a huge amount of dedication to clearing the ice of snow and maintaining it for neighbours of all ages to enjoy. This is an enormous undertaking but extremely rewarding. Bring a thermos of hot cocoa and come lend a hand. Please text Llyal at 403-651-1019. See you on the ice!



Hey Kids!

**What do you especially like
about living in Banff Trail?**

**Have you checked out
any of our events?**

We'd love to hear from you!

HowlerEditor@banfftrailcommunity.ca

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 Terese Mullin at 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.

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!
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Minister of Health

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Building a Stronger Healthcare System

Our government is moving swiftly with our Healthcare Action Plan. We are making it a priority to address areas that need improvement in our healthcare system so that Albertans can get healthcare when and where they need it. We are investing an additional \$1.8B over three years to build capacity.

Ensuring Access to Primary Care

- Expanding seats for family physicians in our medical schools including the University of Calgary
- Making it easier for international doctors to work in Alberta
- Providing patients with easier access to nurse practitioners and other allied health professions

Lowering Emergency Wait Times

- Increasing access to doctors on 811 to reduce number of people going to emergency
- Building more continuing care spaces so people can be moved out of hospital faster
- Adding resources in hospitals so people can be treated faster without being admitted

Faster EMS Response Times

- Establishing non-urgent medical transport for patients to go home when clinically safe
- Using non-ambulance service providers to move patients between health facilities
- Supporting paramedics with direct doctor access so they can better treat patients on site

As always, if you have questions or concerns feel free to reach me through email at Calgary.varsity@assembly.ab.ca or call 403-216-5436.

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Please allow us to introduce ourselves! We are
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A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

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