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# Banff Trail Community Association

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

## DIRECTORS

President	Marlise Westeinde	president@banfftrailcommunity.ca
Vice President	Nathan Chandler	vp@banfftrailcommunity.ca
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Director at large	Shelley Grenier	shelley.grenier@banfftrailcommunity.ca

## 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

## International Day of Education

January 24 is International Day of Education! The United Nations General Assembly solidified this annual observance to celebrate the role education plays in the development and peace within countries. Let's hear it for all our educators on this day, and every day!



Remember, [www.BanffTrailCommunity.ca](http://www.BanffTrailCommunity.ca) 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

**X (Twitter):** @BanffTrailYYC



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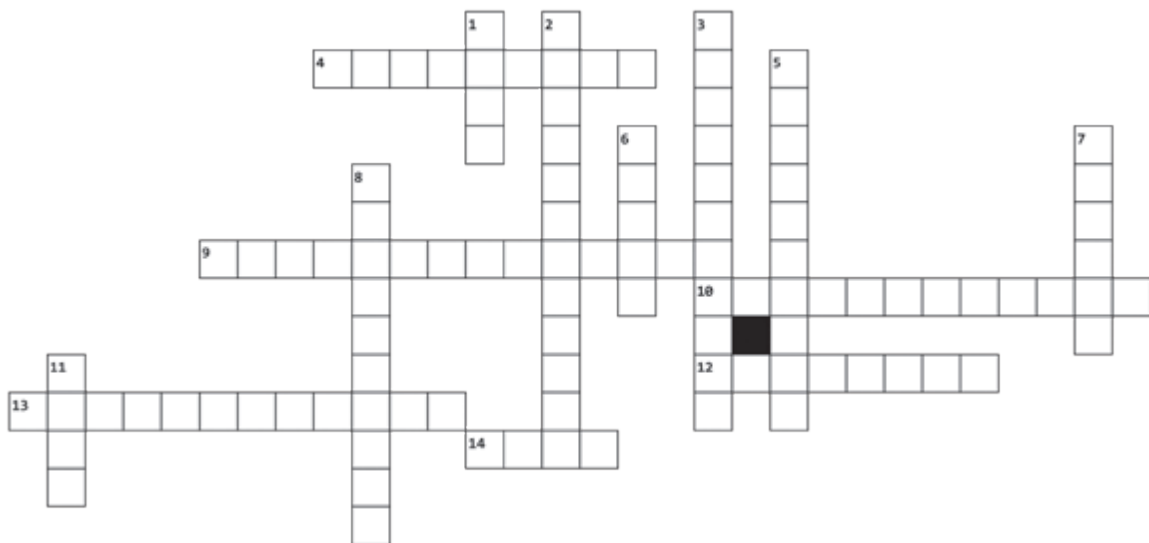


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# January Crossword



## Across

4. Every year on January 11, Sir John A. \_\_\_\_\_ Day is observed in Canada.
9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
12. January is known for being the coldest month in this hemisphere.
13. Before being turned into a film, *The Girl on the Train* was written by \_\_\_\_\_ and published on January 6, 2015.
14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".

## Down

1. People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means \_\_\_\_\_ in Latin.
2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
6. This two-faced God is the symbol of January in ancient Roman myth.
7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
8. On January 25, 1961, Disney put out the spotted masterpiece, *101* \_\_\_\_\_.
11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## BTCA Memberships

Memberships for residents of Banff Trail are free for the year! Memberships run from March to February. Registration is still required. Persons that live outside the boundaries of Banff Trail that wish to purchase a membership will be charged \$10 per person.

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](mailto:membership@banfftrailcommunity.ca). Please include your name, address, phone number, partner's name, and how many children you have under the age of 18.



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## 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 [memberships@banfftrailcommunity.ca](mailto:memberships@banfftrailcommunity.ca).

## BEST PICTURE

Oscar season is an exhilarating time of year. With so many categories and nominees, it can be hard to keep track of what's going on! One thing of note is that only three animated films have ever been nominated for Best Picture. Up, Toy Story 3, and Beauty and the Beast in 1991 which was the first ever animated Best Picture nomination.



### 2023/2024 BOARD MEMBERS

#### Directors:

- Carleigh Sturge
- David Kowel
- Evan Gillespie
- Kathryn Davies
- Kathy Quinn-Bayrock
- Kerstin Plaxton
- Kimberley Jordan
- Mayank Gupta
- Marise Westeinde
- Nathan Chandler
- Patrick Oscienny
- Paul Kahr
- Roland Lequier
- Ryan Mortson
- Shelley Grenier



[www.banfftrailcommunity.ca](http://www.banfftrailcommunity.ca)

### Banff Trail Community Association

## BOARD MEETING

First 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](mailto:hallmanager@banfftrailcommunity.ca)

Office hours are Tuesdays and Thursdays,  
9:00 am to 5:00 pm

# Scouts About - 4th Elks Triwood

## January Updates

It has been a busy fall for the 4th Elks Beavers, Cubs, and Scouts. We had an overnight at Camp Cadicasu in October for Beavers and Cubs, followed by a sleepover at the Royal Tyrell Museum in November. The Scouts played 'Great Escape' in a rainy farmers field into the early morning hours in late October. In December, Cubs raced their Cub Cars.

We have plans for winter survival camps, canoe adventures, and horseback riding for the winter, spring, and summer. If your youth is interested in joining, please email [4thelkstriwood@gmail.com](mailto:4thelkstriwood@gmail.com).

## Youth Sections

Scouting has five sections based on age. Scouting is open to both boys and girls.

Section	Ages	Motto
Beavers	5 to 7	Sharing, Sharing, Sharing
Cubs	8 to 10	Do your Best
Scouts	11 to 14	Be Prepared
Venturers	15 to 17	Challenge
Rovers	16 to 18	Go Beyond

## Become a Leader

Anyone 16 years of age or older can be a leader. If you are interested in building youth and community presence, all you need is a sense of adventure. Don't worry about "having the skills", you can build those along the way!

## Fundraisers

Thanks to everyone who bought our special 4th Elks Label Coffee roasted by Highwood Coffee and our Scouts Canada popcorn during the fall fundraiser. We will have more coffee and maybe chocolate on hand for Easter. We are also doing a bottle drive in the Triwood communities on January 13, 2024.

## For More Information

Contact us at [4thElksTriwood@gmail.com](mailto:4thElksTriwood@gmail.com) or find us on Facebook @4thElks.



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# Volunteerism

by Kimberley Jordan

Do you ever envision a vibrant, thriving community that hums with energy and goodwill? The pulse of such a place beats through the hearts and actions of its residents. It's time to weave this vision into reality through the force that is volunteering.

## The Spark of Transformation

Every great community has a secret ingredient: passionate individuals willing to roll up their sleeves and create change. Enter the heart of our community association - a nexus of opportunity, a platform for transformation, and a haven for those eager to make a difference.

## Why Volunteer?

Volunteering isn't just about giving your time; it's an investment in our shared future. It's a chance to be a part of something greater than us, to nurture the roots of our community, and to witness the blossoming of positive change firsthand.

## The Impact of Your Actions

Think about it: a few hours a week could mean a child's smile, a cleaner park, a more connected neighbourhood. Volunteering creates a ripple effect, touching lives far beyond what we can imagine.

## How You Can Contribute

Whether you're a master organizer, a creative visionary, a tech guru, or a compassionate listener, there's a place for you here. From event planning to outreach, administration to mentorship, your unique skills and passions can be the driving force behind our collective progress.

## The Call to Action

We stand at the threshold of a new chapter and the pen is in your hands. Join us as we script a tale of unity, growth, and community pride. Volunteer your time, your ideas, and your enthusiasm. Together, let's paint the canvas of our community with vibrant hues of positive change!

Get involved today! Don't wait for change, be the catalyst! Email [membership@banfftrailcommunity.ca](mailto:membership@banfftrailcommunity.ca) sign up for a volunteer position or committee role today!

## That's a Lot of Snow

Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like "snaw," "sneesh," and "skelf," officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.



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# How to Deal with Those Long Sleepless Nights

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

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