

MARCH 2024

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THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



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Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26
**Purple
Day**



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using
#postyourpurple



2023/2024 BOARD MEMBERS

Directors:

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



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

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

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official-plumbing-heating.ca

JOIN US FOR EASTER SUNDAY WORSHIP

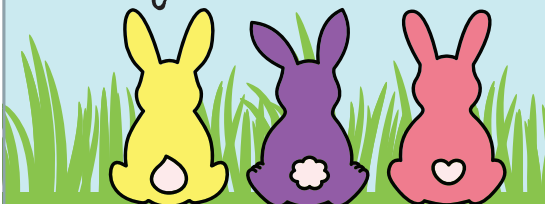
MARCH 31, 10:30 AM

INTERGENERATIONAL WORSHIP

KIDS ACTIVITIES

FAMILY PHOTO BOOTH

Bring Your Peeps



ST DAVID'S & NORTHMINSTER UNITED CHURCHES

3033 CAPITOL HILL CRES NW

WWW.CALGARYUNITED.CA



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
Secretary	Mayank Gupta	secretary@banfftrailcommunity.ca
Treasurer	Kathy Quinn-Bayrack	treasurer@banfftrailcommunity.ca
Director at large	Carleigh Sturge	carleigh.sturge@banfftrailcommunity.ca
Planning and Development	David Kowel	development@banfftrailcommunity.ca
Director at large	Evan Gillespie	evan.gillespir@banfftrailcommunity.ca
Director at large	Kathryn Davies	kathryn.davies@banfftrailcommunity.ca
Events	Kerstin Plaxton	events@banfftrailcommunity.ca
Community Engagement	Kimberley Jordan	membership@banfftrailcommunity.ca
Facilities	Patrick Oscienny	facilities@banfftrailcommunity.ca
Director at large	Paula Kahr	paula.kahr@banfftrailcommunity.ca
Past President	Rolland Lequier	rolland.lequier@banfftrailcommunity.ca
Director at large	Ryan Mortson	ryan.mortson@banfftrailcommunity.ca
Director at large	Shelley Grenier	shelley.grenier@banfftrailcommunity.ca

STAFF

Hall Manager	Abi Harker	hallmanager@banfftrailcommunity.ca
Communications and Rentals	Ali MacQuarrie	ali.macquarrie@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

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 communications@banfftrailcommunity.ca.



Remember, 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

Soccer at BTCA!

The Banff Trail Community Association provides a community-based, volunteer-run soccer program for ages three through ten. In addition to the benefits of fitness and fresh air, joining soccer is a great way to get to know your neighbours and for your children to make some new friends! Registration for the 2024 season, as well as more information, can be found on our website.

Because BTCA soccer is a volunteer-run program, at least one parent from each family is required to volunteer during the season to ensure adequate support for each team and event. If you have any questions, please email soccer@banfftrailcommunity.ca!

The 2024 soccer season runs April 30 to June 20.



2024 SEASON

**BANFF TRAIL
COMMUNITY
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U4, U6, U8, U10

REGISTRATION OPEN NOW
www.banfftrailcommunity.ca

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FACEBOOK AND INSTAGRAM FOR MORE UPDATES
@BANFFTRAILCOMMUNITY



News from the Friends of Nose Hill

by Anne Burke

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public bioblitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at www.citizenblitz.ca/.

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region.

BTCA Community Garden 2024

Those who join the garden have access to a raised bed for their own produce and agree to contribute to the care of the shared spaces throughout the season.

Three times a year we gather for workdays (two in the spring and one in the fall) and members also sign up for a week of garden care between May and September where they weed and water the communal spaces.

We are so thankful for all the people who happily give their time to weeding, watering, mowing, and turning the compost. It takes many hands to maintain this beautiful space.

In person registration will take place on Thursday, April 4 from 6:00 to 8:00 pm in the BTCA Board Room.

Email garden@banfftrailcommunity.ca for more information!



Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



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. 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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TIME TO RENEW YOUR BTCA
MEMBERSHIP

✂ FOR ✂

2024-2025

*Banff Trail Community
Association*

DID YOU KNOW?

BTCA MEMBERSHIPS EXPIRE EVERY MARCH

YOUR MEMBERSHIP MUST BE RENEWED MIN 30 DAYS TO VOTE AT THE AGM

EMAIL: MEMBERSHIP@BANFFTRAILCOMMUNITY.CA TO RENEW

Word of the Month

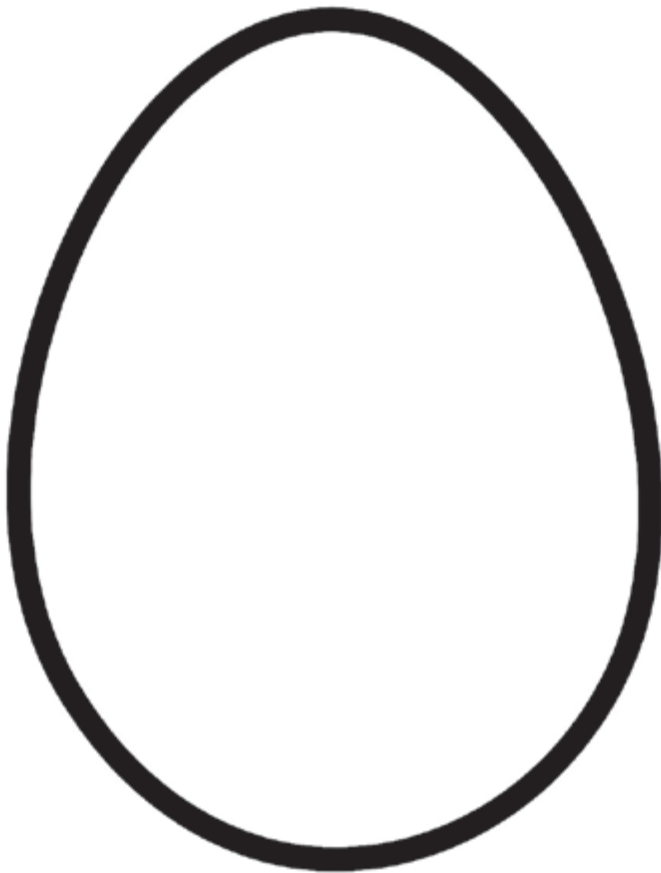
Imponderabilia: *plural noun* (im-pon-der-uh-bil-ee-uh)

Experiences, ideas, and objects that are complex to explain.

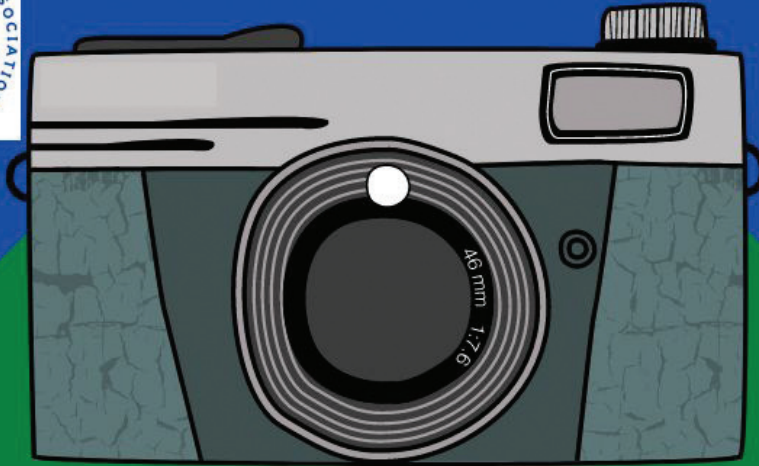
In her poetry, Jane discusses the imponderabilia of life's milestones and hardships.

DRAW YOUR OWN EASTER EGG

USE COLORS, LINES, SQUIGGLES TO DRAW
YOUR OWN BEAUTIFUL EASTER EGG



THIS IS _____ 'S EASTER EGG



HAVE YOUR PHOTOS FEATURED IN THE
ENEWSLETTER

CALLING ALL PHOTOGRAPHERS

Have you taken a photo in the community that
deserves to be shared? The BTCA would like to feature
your photo in the Banff Trail Bulletin.

Cats, Canines, & Critters of Calgary



Chile Mango Bean, Sundance



Chloe, Somerset



Kiki, Dalhousie



Stormi, Deer Ridge

To have your pet featured, email news@mycalgary.com





Easter *in* **BANFF TRAIL**

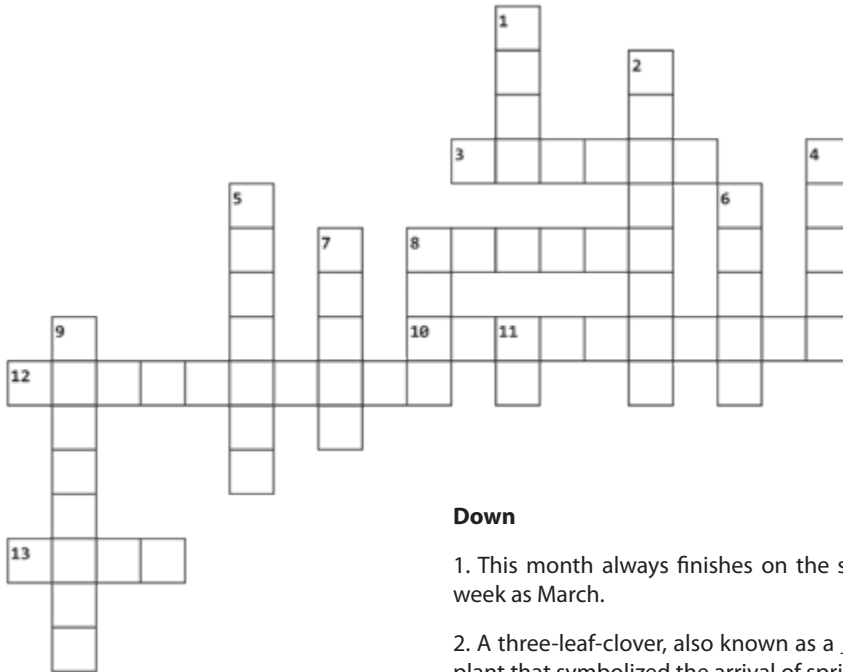
2115 20 AVE NW

Sunday, March 31, 2024

2:00pm - 5:00pm

Petting Zoo  Easter Egg Hunt  and More

March Crossword

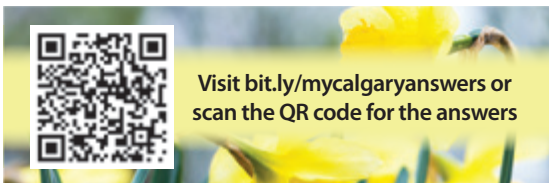


Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* _____ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.





MLA Calgary - Varsity

Luanne Metz

201 – 1055 20 Ave NW

📞 403-216-5436

✉️ calgary.varsity@assembly.ab.ca

📱 @drmetzndp | 📧 @luanne_metz

Budget 2024

We began sitting for the Spring 2024 Session of the Legislature on February 28, 2024, and the government introduced the 2024 Alberta budget.

As Official Opposition Health Critic, I will be taking a lead role in scrutinizing the health budget. To prepare for this, I'm consulting with healthcare experts, frontline workers across the province, and everyday Albertans trying to access healthcare. In this budget, I will be looking for a long-term, evidence-based plan that makes the most effective use of money to recruit and retain health care workers, and to improve access and quality of care.

We cannot effectively increase spaces to care for people without enough staff. We must immediately focus on retention of our workforce. We cannot let the system crumble further.

Town Halls

On February 24, I hosted a "Your Pension Is Yours" town hall, to give constituents such as yourself a chance to share your thoughts on changes to the CPP. It remains clear that the vast majority of Albertans just do not want Alberta to leave the CPP, nor do they want politicians having control over their hard-earned retirement money.

On Thursday, March 21, I will be hosting a Health Care Town Hall in Parkdale, with an open house from 2:00 to 4:00 pm, and a town hall at 6:00 pm. With government health care reforms looming, and the system crumbling, there needs to be a serious refocus of the reforms to support frontline workers. I want to hear from the health care workers, the people who have been affected by this crisis, and you. If you are interested in attending, you can find more information at linktr.ee/mlametz, or email my constituency office at calgary.varsity@assembly.ab.ca.

If you are interested in reading more in-depth about issues affecting Albertans, and what I am doing to represent you, please sign up for my digital newsletter at linktr.ee/mlametz!



Calgary Confederation

Len Webber, MP

2020 – 10 St NW

Calgary, AB T2M 3M2

📞 403-220-0888

✉️ len.webber@parl.gc.ca

Life or Death

Canadians will have access to medical assistance in dying (MAiD) when their only condition is mental illness. The only question is when.

In the past, I supported MAiD legislation because we need to have a legal framework around life and death choices and decisions.

This is a complex issue with strong opinions on both sides. It was important that my constituents were heard and so I quoted from the many letters I received during my House of Commons speech.

I am a big proponent of hospice and palliative care which must always be a viable and available option to someone contemplating MAiD. As a member of the House of Commons on Health, I worked on these palliative care issues across Canada. I strongly feel that Canadians should have access to the support and care that they need during the toughest times in one's life.

Advanced requests for MAiD are definitely something the federal government needs to consider. I look forward to a debate on this particular issue and am interested to know what safeguards are proposed to ensure any legislation would work as intended.

However, I do not support the expansion of MAiD to cases where mental illness is the sole eligibility reason. I spoke about this at length in the House of Commons and shared the very personal story of Anton and how he helped me come to this decision. You can read the speech at www.lenwebbermp.ca.

As I said in my speech, "We need to put vulnerable Canadians back in control of their lives. We want to see them get the help they need and provide them with the social and mental health supports they need. We must never give up on them and allow them to prematurely choose MAiD over access to mental health care."



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BANFF TRAIL COMMUNITY ASSOCIATION

Ladies Poker Social



Friday,
March 29


7 pm - 9 pm

BANFF TRAIL COMMUNITY ASSOCIATION
2115 20 AVE NW

JOIN THE LADIES FOR AN ENTERTAINING
EVENING FILLED WITH CONVERSATION,
LAUGHTER, AND A BIT OF CARD PLAYING.

WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



VOLUNTEERS NEEDED!



VOLUNTEER



Interested in joining us?

Did you know the BTCA board and its sub committees are all run by volunteers? Volunteers are the lifeblood of our community. Thank you to all our past and present volunteers. If you are able to give the gift of time and volunteer please email membership@banfftrailcommunity.ca

WE NEED HELP WITH:

- Events
- Soccer
- Bike park set up/take down
- Rink maintenance
- Casinos
- Community clean up
- Handymen/handywomen
- Photography
- Stampede BBQ
- Garden

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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.

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