

JULY 2023

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# your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



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

All services provided by a general dentist

# Tips for brushing your kids' TEETH

## MODEL THE BEHAVIOUR

Monkey see, monkey do! Children do some of their best learning when they mimic behaviour. Start early and have them watch you brush n floss.



## MAKE IT FUN

(Sing to the tune of Row, Row, Row) Brush, Brush, Brush your teeth, till they're shining bright. They'll be healthy, they'll be strong, if you treat them right!



## PRAISE PRAISE PRAISE

Whenever your child wants to copy your behaviour and wants to do it themselves (or lets you brush for them) tell them they're doing a great job!



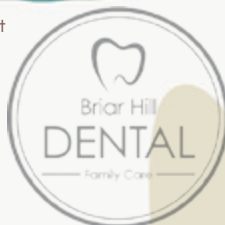
## BE CONSISTENT

Twice a day, 365 days a year. It won't take **that** long, but after a few weeks, we're sure you'll have yourself a little brushing n flossing champion!



## BOOK REGULAR DENTIST APPOINTMENTS

Children need to see the dentist too. Making sure your children are comfortable going to the dentist will ensure that as they get older, they take the time to take care of their teeth or any oral health issues they may develop.



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**BUY YOUR \$5 TICKET AT THE DOOR!**

For questions or to volunteer, email [events@banfftrailcommunity.ca](mailto:events@banfftrailcommunity.ca)

**FREE YOUTH EVENT**

**AGES 13-17**

**JULY 11.23**

**12:30 pm – 4:00 pm**

Banff Trail Community Association  
2115 20 Ave NW

This event is brought to you by  
BGC Calgary (Boys & Girls  
Club).

**WE CAN'T WAIT TO SEE  
YOU FOR SOME FUN  
ACTIVITIES, PIZZA &  
PRIZES!**

BGC CALGARY & FOOTHILLS CLUBS

**OPPORTUNITY CHANGES EVERYTHING**



To register scan QR code



# 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](http://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](mailto: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.



# Bike Fest Thank-You!

Thank you to everyone who came out to join our second Bike Fest. Together with the Capitol Hill Green Committee, we were so excited to share that day with you - and then the smoke came rolling in. Nonetheless, lots of fun was had by those who came out to ride in our parade or just stopped by to hang out.

Austin from Village Bicycles had a steady line up in his pop-up repair station. The Tuff and Hill Families from Tuff Hill E-Bikes came out with their e-bikes and had many eager riders take them for a spin across the field.

We enjoyed outdoor games, ping pong tables, crafts, and witnessed some very competitive water gun fights!

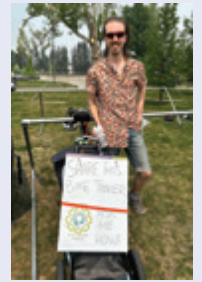
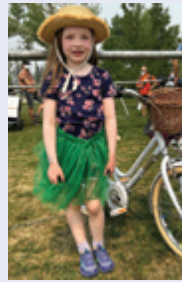
Thank you to Calgary Mini Donuts and Ribo Chicko Foods for coming out and providing delicious food, and thank you to all our youth volunteers!

We would like to express our gratitude to the City of Calgary - their ActivateYYC grant enabled us to provide attendants with bike bells, lights, bike tools, and much more!




A big thank you to Carolyn Fisher for making this event happen with me!


*Kerstin Plaxton*

BTCA Events Director



SCAN HERE TO VIEW ADDITIONAL BANFF TRAIL CONTENT

<p><b>News, Events, &amp; More</b></p> 	<p><b>Crime Statistics</b></p> 	<p><b>Real Estate Statistics</b></p> 
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BANFF TRAIL COMMUNITY

# SPLASH AND DASH COMMUNITY WATER FIGHT

JULY 12TH 5-7PM

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





In April, we featured an article as to what to do with dead batteries. In June, we featured what to do with pizza boxes. This month, we are featuring what to do with nail polish. Did you know these are toxic paints that cannot go in the garbage or recycling? Please read more in this issue.

I am happy to announce that Walmart has adopted a "Recycling in Beauty" program and is now accepting skin care products such as lip balms, face soap dispensers/tubes, lotion tubes/jars/dispensers, non-pressurized shaving foam tubes, hand lotion bottles/tubes, body wash containers, and soap tubes. In addition, they also accept makeup containers such as mascara tubes, eyeliner pencils and cases, eye shadow tubes/cases, concealer tubes, lipsticks, lip gloss, lip liner tubes and pencils, foundation bottles/packaging, and powder cases. It is truly amazing to see businesses and corporations make changes to ensure that their products do not go into landfills. Together, we can eliminate putting many of these toxic items in our garbage and then into the ground.

In our quest for Truth and Reconciliation, it is my hope that we provide opportunities to protect this environment aligning with the ideals of the stewards of this ancestral traditional territory. Interesting in being part of BTCA Eco-community? Protecting the environment? Interested in learning about Indigenous local herbal medicines that grow in our area? A cooking class with an Indigenous themed recipe? A Bannock tasting? Please, let us know!

Did you know that by the time a girl hits adolescence, only 15% of girls get enough physical activity to lead a healthy lifestyle? This month, the BTCA was thrilled to present an active sport girls summer program. Our dedicated Event Director has stated, "We are very excited to offer several free sports days for kids and youth this summer - we hope you can join us in the fun, try out different activities and make new friends! Check this issue for details on how to register. Please note that our Sport's Camp for July 5/6 is currently running a waitlist". We hope to have a feature soon to show these young ladies in action. Growing up active and doing exercise is so very important for these young ladies growing up and we could not be prouder of these girls who are learning to adopt beneficial healthy habits. Way to go, girls! Keep staying active!

For me, exercise has multiple benefits. You may see me running in your alleys, or rollerblading at the rink. I also play ball hockey and I try to go hiking every weekend. I start my routine with daily push ups and hope to end with having enough time to do weights in the evening. This not only keeps one strong and healthy but also improves mental health by reducing anxiety, depression, and negative mood. Most importantly, it builds self esteem. My TV is hardly ever on. Many thanks to those who are older and younger than I am for giving me inspiration to continue to be active. I hope these young ladies continue being active for life! I have included a photo of one of my many hiking journeys for you to enjoy.



With the warmer weather now upon us, we can finally get out there and have a little bit of fun! This month, the Banff Trail Community will be having an all-out Community Water Fight, a Music in the Park concert program, and our annual highly anticipated Stampede BBQ. Our events committee has been very busy! We hope you join us!

Our annual Banff Trail Community Cleanup is projected to take place in September. Time to clean out any unwanted items, clean up our alleys, and dispose of any unwanted items. This also provides the opportunity to pick up furniture, dishes, collectables, clothes, and more items that you may wish for free! More details to come in future issues, so please stay tuned!

Your Banff Trail Membership is absolutely free! Six years ago, the Banff Trail Community Association voted to set memberships to zero dollars 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](mailto: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 to help us bring you wonderful improvements, events, and programs.

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](mailto:btcommunitygarden@gmail.com) for more information.

Want to get your Banff Trail Howler before it comes in the mail? Check out [https://mycalgary.com/magazines/banff\\_trail/](https://mycalgary.com/magazines/banff_trail/).

If you have anything you're interested in, don't hesitate to get involved. Our meetings are 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](mailto: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 dedicated to our community and its residents. Thank you for all your time and volunteering efforts.

In Solidarity, your editor for the Banff Trail Howler,

*Ravenmoon Spicer, originally from Anishinaabe Algonquin unceded ancestral territory.*

*Acknowledging and Honouring Indigenous cultures: Calgary (and Banff Trail) is situated at Mohkínsstsis (in Blackfoot); Wichíspa (in Stoney); or Guts'ists'i (in Tsuut'ína) in Treaty 7 Territory, Home of the Blackfoot Nations, Stoney-Nakoda Nations, Tsuut'ína Nation, and Home of the Métis Nation of Alberta, Region 3. We pay our respect to the First Nation and Métis.*

#### Disclaimer:

Events may be changed due to unforeseen circumstances. Please check our website at [banfftrailcommunity.ca/](http://banfftrailcommunity.ca/) social media for updates and current information.

## Eco-Message from the BTCA

Doesn't every lady have a collection of nail polish with a myriad of different colours to choose from? However, many people do not know that nail polish (and nail polish remover) is considered a household hazardous waste, like paint. These are very dangerous to put in your garbage since they are flammable and contain toxic chemicals. So, what to do with dried out old nail polish or colours we are no longer interested in?

- Donate bottles if they still have a useable amount, programs like the Buy Nothing Project are great for this. More details of the Buy Nothing Project in this issue.
- Use clear nail polish on your shoelaces to keep the threads from fraying or unravelling.
- Paint or repair scratched items in your home with coloured nail polish (shoes, etc.).
- Mix old nail polish colours together to creatively design a new customized colour.
- If these do not work, please safely dispose your nail polish and nail polish remover for free at a designated fire hall or a City of Calgary landfill "Throw n' Go" area.

*Your Banff Trail Community Association*



**SENIORS FREE  
BREAD MARKET  
MONDAY JULY 3RD**

**1-3pm**

**2115 20 AVE NW**

COBS BREAD  
KERBY CENTRE



## Compost Versus Biodegradable

Shared by Carlos Araya from Capitol Hill

Many people don't know the difference between certified compostable bags and biodegradable plastic bags for pet waste. Compostable bags have a BPI logo, meaning Biodegradable Products Institute. This certification indicates that the product has been independently tested and verified to break down completely in a commercial compost facility after use. So, they can go in your green bin.

Any other bag without this logo, no matter what they say, eco-friendly, good to earth, biodegradable, made in China, etc. must go in the black bin after used for picking up after your pet.

Biodegradable plastic bags without the BPI logo are made with plastic that breaks down into hundreds of pieces of plastic over the years, so they are not eco-friendly at all, even if you spend extra money for the ones with lavender perfume.

Certified compostable bags are soft to touch, and they all have the logo.

Biodegradable plastic bags feel like crunchy plastic or regular plastic, and they can have many different fancy cute logos but they are not certified compostable bags.

## Wetland Restoration at West Confederation Park

We are excited to share that we will be restoring a small wetland in the southeast area of West Confederation Park. The wetland was removed over 50 years ago to accommodate new communities in the area.

### Plans for the Wetland

The wetland will occupy approximately ½ hectare, about half the size of a football field. It will feature shallow marsh vegetation including wetland grasses, sedges, and rushes.

This type of seasonal wetland will play an important role in our urban environment. It will become a valuable habitat for a diverse range of plants and animals. It will also help purify the water before it recharges local groundwater tables.

### Background

Public engagement was completed in 2015 to determine the level of interest from Calgarians for this type of work. It showed there was enthusiasm for restoring the wetland and preserving nature in our urban environments. Then, a technical feasibility study concluded that the wetland could be restored. The project team has been pursuing provincial and funding approvals.

### Next Steps

We now have final concept design, and it is being completed for submission for regulatory approvals. Construction is anticipated to begin in summer 2023 and will take a few months to complete. We will now be re-introducing the project with nearby communities and park visitors this spring.

For or more information, please see our webpage at [WestConfederationWetLand@Calgary.ca](mailto:WestConfederationWetLand@Calgary.ca).

Sincerely,

*Shannon Dore, BLA, AALA*

Project Manager

Public Spaces Delivery, Parks, and Open Spaces

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



Thanks to support from the "Girls in Motion" program we are excited to offer a free 2-day camp to girls in our community. Please email [events@banfftrailcommunity.ca](mailto:events@banfftrailcommunity.ca) with any questions!

**POWER UP** **FREE**

**GIRLS' MULTI-SPORT DAYS**

July 4 & 5th, 2023  
Ages 5-12 9:30-3:00 pm  
Banff Trail Community Centre  
Register with the link below!

Questions? Email [events@banfftrailcommunity.ca](mailto:events@banfftrailcommunity.ca)

**InMotion Network** **GoGirl** **Girls in Sports Alberta** **BTCA**

[www.girlsinsportab.ca/camps](http://www.girlsinsportab.ca/camps)



# 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](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.

## 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](mailto: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](mailto:howlereditor@banfftrailcommunity.ca).



Remember, [www.BanffTrailCommunity](http://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 <a href="mailto:president@banfftrailcommunity.ca">president@banfftrailcommunity.ca</a>
Vice-President	Nathan Chandler <a href="mailto:VP@banfftrailcommunity.ca">VP@banfftrailcommunity.ca</a>
Treasurer	Kathy Quinn-Bayrock <a href="mailto:treasurer@banfftrailcommunity.ca">treasurer@banfftrailcommunity.ca</a>
Secretary	Evan Gillespie <a href="mailto:secretary@banfftrailcommunity.ca">secretary@banfftrailcommunity.ca</a>

### VOLUNTEER DIRECTORS

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

### DIRECTORS AT LARGE

Paula Kahr

### SPECIAL REPRESENTATIVES

Soccer Coordinator	Marlise Westeinde <a href="mailto:soccer@banfftrailcommunity.ca">soccer@banfftrailcommunity.ca</a>
Community Garden	Marie Fraser <a href="mailto:btcommunitygarden@gmail.com">btcommunitygarden@gmail.com</a>
Conversation Club	Patricia Kostas 403-284-9487

### STAFF

Hall Manager	Abi Harker <a href="mailto:hallmanager@banfftrailcommunity.ca">hallmanager@banfftrailcommunity.ca</a>
Bookkeeper	Theresa Ouellette

### YOUR REPRESENTATIVES IN BANFF TRAIL

City Councillor	Terry Wong <a href="mailto:Ward7@Calgary.ca">Ward7@Calgary.ca</a>
MLA	Jason Copping (Calgary-Varsity) <a href="mailto:Calgary.Varsity@assembly.ab.ca">Calgary.Varsity@assembly.ab.ca</a> ; 403-216-5456
MP	Len Webber (Calgary Confederation) <a href="mailto:Len.Webber.c1@parl.gc.ca">Len.Webber.c1@parl.gc.ca</a> ; 403-220-0888

## How to Get the Most Out of Your Counselling/Therapy Sessions

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

Adapted from Dr. David Burns



### We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and

compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

BANFF TRAIL COMMUNITY ASSOCIATION PRESENTS

**MUSIC IN THE PARK**

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JULY 13, 2023 | BTCA COMMUNITY GARDEN  
5-8 PM

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AMHMNM  
B/M AMPY  
HMMW NJ

## The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!

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*"This is not about being superhuman – this is about realizing that being human is super!" –Sadhguru*

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## Venue Address

Parkdale Community Centre  
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**587-997-7805**

**[InnerEngineering.com/Calgary](http://InnerEngineering.com/Calgary)**

## Date and Time

August 24th, 6:30 PM – 9:45 PM  
August 25th, 6:30 PM – 9:45 PM  
August 26th, 8:30 AM – 7:00 PM  
August 27th, 7:30 AM – 7:00 PM



No prerequisite required. Isha Foundation is a nonprofit, 501(c)(3) organization.

isha