

SEPTEMBER 2023

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# 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>
Howler Editor	Vacant <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	Luanne Metz (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

Time has flown and we are nearing the end of the 2022/2023 BTCA board term. What a busy year it has been! While this board term has had more than its fair share of challenges, I am grateful for the time and effort so many volunteers donate to the Banff Trail Community Association. From those who maintain our grounds and garden, to those who plan and run events, to the board members who bring it all together, volunteers are the very heart of our organization. We truly could not do all that we do without the dedication of time and talent of so many wonderful volunteers.


I love the Banff Trail community and it has been my honour to serve as your president these past three years. I get a great deal of satisfaction from giving back to my community in this way and I encourage you all to consider getting involved in some way next year. It does not have to be as formal as joining an official committee or board position. It could be as simple as donating an hour or two of your time to help with the setup or take down of an event, participating in the community association yard cleanup, helping with rink maintenance, or helping to organize an event you want to see happen at the hall! It is true that many hands make light work. If we work together, we can make Banff Trail the best community in Calgary!

Our Annual General Meeting is going to be held at the hall at 7:00 pm on Wednesday, September 27. I encourage you all to attend to meet with your neighbours, hear the updates from the outgoing board of directors, and assist in the election of the new board. I look forward to seeing you all there!

*Rolland C. Lequier*

President


Banff Trail Community Association



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### Dementia Advice Line Connects Albertans to Care

*from Alberta Health Services*



Individuals living with dementia, and their caregivers, can now be connected directly to a specialized dementia nurse through Health Link 811 as part of

changes to the dementia advice line. This will better connect caregivers and those with dementia, including Alzheimer's, to timely advice and care.

Between 8:00 am and 8:00 pm daily, Albertans can call Health Link at 811 and press the option to speak to a nurse specializing in dementia. They will answer your call, go through an assessment, and provide advice and resources for your immediate concerns. Previously, callers needed to speak to a Health Link nurse, get a referral, and then receive a response within 72 hours from a dementia nurse.

After hours, Health Link staff will assess your needs and provide advice for your immediate concerns. When needed, you will be referred to a specialized dementia nurse for additional advice.

The dementia nurse, who has extensive training and experience in seniors' health, will be able to provide an in-depth assessment to gain an understanding of each situation. The dementia nurse will provide support and advice to patients and caregivers and can connect callers to services available in their community.

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment, and the ability to carry out daily activities.

The number of dementia cases is expected to more than double in Alberta as the baby boom generation moves into older age. By 2038, it is estimated that about one in 10 Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

For more information, call 811 or visit our website.

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## CONTACT

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## Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

**Specific** – What exactly would you like to do? What is your aim?

**Measurable** – How will you know if you are moving towards your goal? What will you see?

**Achievable** – Can you act to reach your goal? Is it something you can do?

**Relevant** – Does this goal have meaning for you?

**Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

**Attitude** – Being positive, hopeful, and grateful or seeing the good.

**Physical Health** – Being active, eating healthy food, sleeping, and drinking water.

**Relationships** – Spending more time with family and friends.

**Public Service** – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!

*Banff Trail  
Community Association*

2023  
*Annual  
General  
Meeting*

**WEDNESDAY SEPT 27th  
7pm  
2115 20 AVE NW**

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



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<b>News, Events, &amp; More</b>	<b>Crime Statistics</b>	<b>Real Estate Statistics</b>

## Music in the Park



Thanks to an Arts and Culture microgrant sponsored by the City of Calgary, the Banff Trail Community Association is hosting a series of Music in the Park concerts in our community garden. July featured the Alexis Meier Duo, Ben Tizzard & Elle McAndrews, and Jared Daniel. It truly is a privilege to have such talented local artists right in our very own backyard.



Local food truck, The Burrito, was in attendance to feed hungry listeners featuring delicious authentic Mexican cuisine. Folks from United for Literacy hosted a reading tent with free books for attendees and Banff Trail Community yard games were placed in the field. Our younger crowd participated in an impromptu water fight. Good energy and great music filled our garden. All in all, it was a very fun evening with a little something to entertain everyone.

If you have been unable to attend, we have one concert left before the series wraps up on September 1 at 5:00 to 8:00 pm. I highly recommend attending!



*Happy Birthday,  
Keanu!*

September 2 is Canadian actor Keanu Reeves' birthday! Known for his kind and respectful nature, this Hollywood A-lister comes from humble Canadian beginnings. As a teen, Keanu worked in a Toronto bakery and at an arena sharpening skates. He also found success as a hockey goalie and aspired to be on the Canadian Olympic team!



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BANFF TRAIL  
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# MUSIC IN THE PARK

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1 SEPTEMBER 5-8PM FREE ENTRY

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## Stampede Event Recap



What a day! Nearly 250 people showed up during a crazy Calgary storm to celebrate Stampede at the Banff Trail Community Association. The weather started out promising until the dark clouds rolled in and the lightening and thunder began; the skies opened up and attendees, musicians, face painters, and balloon artists rushed inside. To top it off, the power went out completely!



Thanks to our dedicated volunteers and entertainers, the party continued inside and on the covered deck as the heavens roared outside. The delicious meal consisted of pulled beef, pulled jack fruit, coleslaw, veggies, chips, fruit, ice cream, hot dogs, and cookies (baked by local teen, Hannah, our events coordinator's (Kerstin) daughter).

A special thank-you to Telus for sponsoring this event and bringing games for attendees to play, John Preston for donating bottles water, Ward 7 for their monetary contributions, and the countless volunteers who sold tickets, served food, cleaned, and served ice cream etc. A super special thanks to Youth Central for volunteering 13 eager youth who worked non-stop throughout the event.

Caring people make for loved communities. Thank you to everyone who volunteered and came to celebrate this long-standing Calgary tradition!



GET BOOJEE THIS  
HALLOWEEN AT THE BTCA

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**A**rms can you raise both?

**S**peech is it slurred or jumbled?

**T**ime to call 9-1-1 right away.

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