# **BANFF TRAIL** howler

# THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER







Living in Banff Trail 25+ years gives me the added advantage to market your home and maximize your sale price. Please scan QR code to check out my website



Please call if you have any real estate questions or would like a free home evaluation. **403.617.6009** | prestonsgt@gmail.com

www.banfftrailcommunity.ca







# **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: @BanffTrailCommunity.ca Instagram: @banfftrailyyc | Twitter: @BanffTrailYYC

# **Banff Trail Community Association**

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

VOLUNTEER EXECUTIVES	
President	Rolland Lequier
	president@banfftrailcommunity.ca
Vice-President	Nathan Chandler
	VP@banfftrailcommunity.ca
Treasurer	Kathy Quinn-Bayrock
	treasurer@banfftrailcommunity.ca
Secretary	Evan Gillespie
	secretary@banfftrailcommunity.ca

### **VOLUNTEER DIRECTORS**

Planning and Development Kathryn Davies development@banfftrailcommunity.ca Memberships and Communications Kimberley Jordan membership@banfftrailcommunity.ca **Events Coordinator** Kerstin Plaxton events@banfftrailcommunity.ca Marlise Westeinde **Programs** program@banfftrailcommunity.ca **Facility Coordinator** Patrick Oscienny facilities@banfftrailcommunity.ca Howler Editor howlereditor@banfftrailcommunitv.ca Ice Rink Volunteer and Coordinator Llval Grummett rink@banfftrailcommunity.ca

### **DIRECTORS AT LARGE**

Soccer Coordinator

### Paula Kahr SPECIAL REPRESENTATIVES

Marlise Westeinde

soccer@banfftrailcommunitv.ca Community Garden Marie Fraser btcommunitygarden@gmail.com Patricia Kostas Conversation Club 403-284-9487

## STAFF

Hall Manager Abi Harker hallmanager@banfftrailcommunity.ca Bookkeeper Theresa Ouellette

# YOUR REPRESENTATIVES IN BANFF TRAIL

City Councillor Terry Wong Ward7@Calgarv.ca MI A Luanne Metz (Calgary-Varsity) Calgary.Varsity@assembly.ab.ca; 403-216-5456 Len Webber (Calgary Confederation) MP Len.Webber.c1@parl.gc.ca; 403-220-0888

## PRESIDENT'S MESSAGE

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.

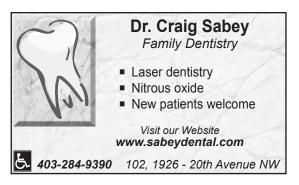
I love the Banff Trail community and it has been my honour to serve as your president these past three years. I get a great deal of satisfaction from giving back to my community in this way and I encourage you all to consider getting involved in some way next year. It does not have to be as formal as 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



# **SAFE & SOUND**

# **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.





# TAKE ON WELLNESS

# **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



# **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

# **BUSINESS CLASSIFIEDS**

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

**BANFF TRAIL MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**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.

**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.

JOSHUA BLAIR CLASSICAL OSTEOPATHY: Helps find and fix the cause of your aches and pains through gentle manipulation so you can improve your wellbeing and be your best self! Better Structure. Better Function. Located at 1904-B 20th Avenue NW in Capitol Hill. Book online: www.jblairosteopathy.ca or by phone: 587-225-9734.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.





# **Music in the Park**





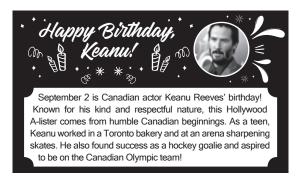
Thanks to an Arts and Culture microgrant sponsored by the City of Calgary, the Banff Trail Community Association is hosting a series of Music in the Park concerts in our community garden. July featured the Alexis Meier Duo, Ben Tizzard & Elle McAndrews, and Jared Daniel. It truly is a privilege to have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









# BOTOX IS FOR Everyone

We all lead busy lives and there are several factors that can lead to the appearance of frown lines and crows feet, including sun exposure, ageing, and stress.

Let us help you look and feel your best with our Botox treatment. Botox can be used to treat TMJ issues as well as fight the signs of ageing.

Why not combine your botox appointment with your next dental cleaning!

Call us today to find out more.



Get rid of Dad's frown lines!

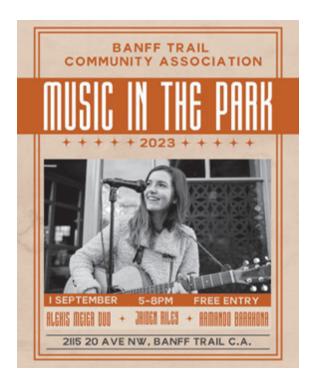


Help Mom look fresh and feel fresh!



Crows feet are for birds, not faces!

403-289-9185
All services provided by a general dentist





# **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!





# Learn the signs of stroke

- Face is it drooping?
- A rms can you raise both?
- **Speech** is it slurred or jumbled?
- Time to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

# heartandstroke.ca/FAST

