

MAY 2024

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your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



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Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

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SCAN ME

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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.

BTCA BIKE FEST

MORE INFO TO COME!




JOIN THE BTCA EVENTS COMMITTEE

THE BANFF TRAIL EVENTS COMMITTEE IS
SEEKING MORE PEOPLE TO GET INVOLVED
HAVE IDEAS FOR EVENTS?
WANT TO HELP HOST AN EVENT IN THE
COMMUNITY?

EXAMPLES
CLOTHINGS SWAPS
SKATING PARTY
WATER FIGHTS

events@banfftrailcommunity.ca




GOOD FOOD BOX

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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
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 who 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



BANFF TRAIL BESTIES



Do you have a furry, fuzzy, feathered or even a scaly best friend? We want to feature the pets of Banff Trail!

Send us a picture of your bestie hanging out in Banff Trail and we will feature them in our monthly newsletters.

Be sure to tell us their name and a little about them!

Follow and tag us @banfftrailyyc

Banff Trail Community Association

Community Clean Up



With Triwood Community Association

MORE INFO TO COME!

June 2, 2024

Meet some Banff Trail Besties!



Princess Leia



Moo

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.



by Anne Burke

A breeding bird monitoring survey in Nose Hill Park recorded a total of 70 species. Of 44 species tested, 22 were nesting and 22 were only visitors. Another 26 were random observations (not part of the survey). Birds flying over and not using the habitat were excluded from analysis. To assess how populations have changed over time, when a previous study was compared, a few species occurred in one year but not in both. However, the overall decline was in nesting grassland birds. The recent test recorded all birds observed during the breeding season (early June to early July) for ten minutes between sunrise and 10:00 am. A total of 23 circular plots surveyed on eight occasions were recorded with GPS technology and mapped. The habitats described and photographed were mostly tall or low shrub and woodland. The result was the disappearance of four (and decline of three) nesting grassland bird species. Here are some of the causes: human disturbance, loss of native grassland by non-native plants, lack of grazing, climate change, bird species outside Calgary, and off-leash dogs on the escarpment (slopes), especially during the breeding season. For effective conservation and management strategies, City Parks must continue to monitor breeding birds. World Migratory Bird Day was created in 1993 and celebrates a migratory bird's spectacular migration; it is dedicated to raising awareness about the need to conserve migratory birds and their habitat. Aligning with the cyclic nature of bird migration in different hemispheres, it is officially celebrated on the second Saturday of May in Canada and the U.S, so on Saturday, 11 May in 2024. The official theme will focus on the topic of insects and their importance for migratory birds. For more information and resources, visit www.birdday.ca.



BANFF TRAIL COMMUNITY ASSOCIATION

2023/2024 BOARD MEMBERS

Directors:

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



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

How to Create Personal Happiness

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

1. Self-Awareness – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

2. Positive Mindset – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

3. Healthy Relationships – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

4. Work-Life Balance – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

5. Self-Care – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.



BTCA YYC Clothing Swap

BTCA IN PARTNERSHIP WITH YYC CLOTHING SWAP PRESENTS:

ALL AGES CLOTHING & TOY SWAP

SATURDAY, MAY 25
 12:00 PM - 3:00 PM
 BTCA: 2115 20 AVENUE NW

SWAP, DON'T SHOP!

More info: www.banfftrailcommunity.ca

BANFF TRAIL COMMUNITY ASSOCIATION
 2115 20 AVE NW

BANFF TRAIL COMMUNITY ASSOCIATION

Ladies Poker Social

Friday, May 31
 7 pm - 9 pm

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

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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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the Gutter Doctor 403-714-0711
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TIME TO RENEW YOUR BTCA
MEMBERSHIP

~ FOR ~

2024-2025

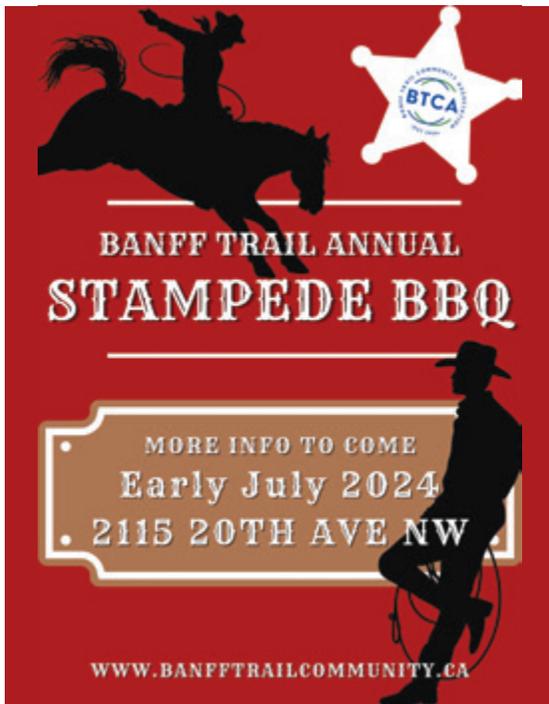
*Banff Trail Community
Association*

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



A red poster for the Banff Trail Annual Stampede BBQ. It features a silhouette of a cowboy on a bucking horse on the left and a BTCA star logo on the right. The text is in white and gold. At the bottom, there is a silhouette of a cowboy sitting on a horse.

BANFF TRAIL ANNUAL
STAMPEDE BBQ

MORE INFO TO COME
Early July 2024
2115 20TH AVE NW

WWW.BANFFTRAILCOMMUNITY.CA



A poster for BTCA volunteers. It has a blue top section with the BTCA logo and the text 'VOLUNTEERS NEEDED!' next to silhouettes of people. Below is a grey section with a hand holding a card that says 'VOLUNTEER'. The bottom right is a green section with a list of tasks.

**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

SCAN THE QR TO REGISTER



BTCA CASINO FUNDRAISER

AUGUST 6 & 7, 2024
COWBOYS CASINO

WWW.BANFFTRAILCOMMUNITY.CA

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