

OCTOBER 2024

DELIVERED MONTHLY TO 2,025 HOUSEHOLDS

your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



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COSTUME EXCHANGE

SUNDAY, OCTOBER 6

3:00 PM - 5:00 PM

**BRING OLD OR NEW COSTUMES IN GOOD
REPAIR AND PICK OUT A NEW ONE!**

A COSTUME DONATION IS NOT REQUIRED TO PARTICIPATE

ALL AGES WELCOME

GAMES, REFRESHMENTS AND TREATS



WWW.BANFFTRAILCOMMUNITY.CA 2115 20 AVE NW

Banff Trail Community Association

2115 20 Avenue NWT2M 1J1 • 403-282-2234

DIRECTORS

President	Marlise Westeinde	president@banfftrailcommunity.ca
Vice President	Nathan Chandler	vp@banfftrailcommunity.ca
Secretary	Mayank Gupta	secretary@banfftrailcommunity.ca
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Director at large	Ryan Mortson	ryan.mortson@banfftrailcommunity.ca
Director at large	David Kowel	

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 COMMUNITY:

HARVEST FESTIVAL

SATURDAY, SEPTEMBER 28
12:00 PM - 4:00 PM

BTCA MAIN HALL
2115 20TH AVE NW

CELEBRATE THE BOUNTY OF THE SEASON

JOIN YOUR FELLOW GARDENERS, NEIGHBOURS AND FRIENDS FOR A
POTLUCK STYLE PARTY CELEBRATING THE FALL HARVEST.

THIS EVENT IS OPEN TO EVERYONE IN THE COMMUNITY.

BANFF TRAIL COMMUNITY ASSOCIATION

COMMUNITY

PING PONG

Night

COMING SOON!

WWW.BANFFTRAILCOMMUNITY.CA

GOOD FOOD BOX

ORDER BY OCT 21	PICK-UP OCT 30
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banfftrailcommunity.ca/good-food-box

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

ONLINE VOLUNTEER REGISTRATION



Visit
www.banfftrailcommunity.ca
to find our online registration
form and get involved with
great upcoming events!

JOIN US NOW!

The BTCA logo is in the top left corner. The main image is a stylized illustration of a camera with a lens and a flash. Below the camera, the text reads: '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.

The BTCA logo is in the top left corner. The main image is a laptop screen showing a photo of three people sitting at a table with plates of food. The text 'DON'T MISS A THING!' is written in large, bold, white letters across the top of the laptop screen. Below the photo, the text reads: 'Did you know BTCA has a monthly E-Newsletter? Sign up now and stay in the loop!'.

DON'T MISS A THING!

Did you know BTCA has a monthly E-Newsletter? Sign up now and stay in the loop!

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.

Swish ORAL CARE



Good vibes,
great care.

It's official: our second location is opening in the University District this fall. Sign up for our patient waitlist and be the first to experience Swish 2.0.

Scan me
Scan me
Scan me



swishoralcare.ca

[@swishoralcare](https://www.instagram.com/swishoralcare)

At Swish, great care comes easy.

Swish is a locally-owned dental clinic, opening this fall in the University District. Since opening our Bridgeland location in the summer of 2022, we've earned over 500 5-star reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join our patient waitlist and be the first to experience our brand-new University District location.

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost

Swishers say...

“ I have dreaded going to the dentist for decades and now I finally found an office that I enjoy coming to.” - *Kayla R.*

“ First class dental service.” - *Chad T.*

“ I am truly astonished that this place exists—in the most wonderful way possible.” - *Shelby B.*

“ The way a dental clinic should be run. Top notch experience and service. Well worth the wait to book!” - *John S.*

Why Switch to Swish?



Designed for Care & Comfort.

We've partnered with award-winning designer, Sarah Ward Interiors, to create a clinic that's anything but clinical. Say no to the fluorescent glow and yes to thoughtful design details that put your mind at ease. Sneak-a-peek at our new space on Instagram at @swishoralcare.

Tailored to Your Tastes

Mint or Strawberry floss? Netflix or Disney+? A scoop of Village Ice Cream or a cup of coffee from Monogram? Everything you didn't know you needed from your dentist, at your fingertips, at no extra cost.

Healthcare, Meet Hospitality

Our philosophy of care puts people first, always. We ease dental anxiety with kindness, compassion, and empathy. When you enjoy your routines and rituals, great care comes easily.

Say ahhh...

Swish specializes in all things dental for all ages. From essentials to emergencies, our services are priced according to the Alberta Dental Association fee guide.



The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



Fresh 5

Fresh 5 is a flat rate option with five must-have treatments.

*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



Dental Work

Cavities, wisdom teeth, root canals, crowns, implants, and more. Thorough, yet gentle on tough stuff.



Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.



Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.

Brush up on all things

Swish

Opening this fall in the University District. Be the first to book – join our patient waitlist.

Find us online:



swishoralcare.ca

hello@swishoralcare.ca



[@swishoralcare](https://www.facebook.com/swishoralcare)



News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.

Why Doctors Recommend Yoga

by Margau Perko, Certified Yoga Teacher

Many of our students are encouraged to join yoga classes by their doctors. Medical professionals realize that yoga can help to relieve symptoms of illness and help in the healing and prevention of a variety of ailments. Some of these include fatigue, low energy, stiffness, pain (back, wrists, neck), headache, eye strain, poor concentration, and disturbances in breathing.

Benefits From a Regular Yoga Practice Include:

- Improved strength, coordination, and balance
- Less pain and increased range of mobility
- Enhanced immune and lung function
- Higher energy levels
- Better sleep and increased relaxation

The All-Levels Yoga class takes place on Tuesdays from 6:00 to 7:00 pm and the Gentle Chair Yoga class is held on Mondays from 2:30 to 3:30 pm. For more information on yoga classes at the Banff Trail Community Centre, please contact Margau at 403-585-0043 or email yogamarg@telus.net.

YOGA
CLASSES

ALL LEVELS Tuesdays 6 - 7 pm

GENTLE YOGA Mondays 2:30 - 3:30 pm

BANFF TRAIL COMMUNITY CENTRE 11111 21ST STREET BANFF ALBERTA T1C 1V6

FOR MORE INFORMATION OR TO REGISTER
call: 403.585.0043
email: yogamarg@telus.net

BIKE POLO

EVERY WEDNESDAY AT 7PM

ANYONE OVER THE AGE OF 14 CAN PLAY. WE CAN PROVIDE BIKES AND MALLETS. PLEASE BRING YOUR OWN HELMET.



PLEASE EMAIL EVENTS@BANFFTRAILCOMMUNITY WITH QUESTIONS



**BANFF TRAIL COMMUNITY RINK
2115 20 AVE NW
CALGARY, ALBERTA**

**CALGARY BIKE
POLO**

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
CLOTHING SWAPS
SKATING PARTY
WATER FIGHTS

events@banfftrailcommunity.ca



Community Board Game Night

Returning Fall 2024

Check out our website for more info

2115 20 AVE NW

Hosted in Banff Trail Community
Centre. Bring your favourite game or
play one of the 30+ games available



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

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

**TEEN/TWEEN
BOARD GAME NIGHT**



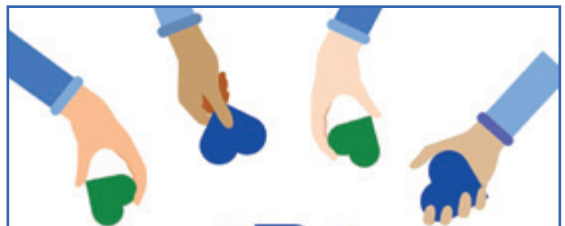
RETURNING THIS FALL

Check out our
website for dates!

Bring your favourite
board/card games or play one
of the 30+ available.

2115 20 AVE NW

www.banfftrailcommunity.ca



**SUPPORT
BTCA!**



Thank you for Supporting Our Community!

Your generous donations help us run
enriching events and programs.

**Please consider making a
small donation today!**

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SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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HOUSEKEEPING WANTED: 2-3 hours per week. Competitive wages. Home near Banff Trail LRT. References available. 403-880-2918.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

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BANFF TRAIL CONTENT

News, Events,
& More



Crime
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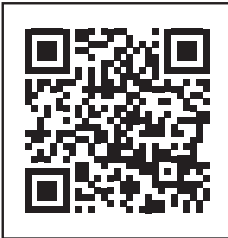
Real Estate
Statistics



Your community plan is ready

Hey South Shaganappi Communities!

That's you Banff Trail, Montgomery, Parkdale, Point McKay, St. Andrews Heights, University Heights, University District, University of Calgary, and Varsity.



The South Shaganappi Communities Local Area Plan is ready.

Wondering what the Plan's all about?

- ③ The South Shaganappi Communities Local Area Plan sets the vision for the evolution of your community over the next 30 years, including direction on future development and community improvements.

A few of the key ideas in the Plan include:

- Enhancing the mobility network and options
- Protecting and enhancing parks, open spaces and the Bow River Pathway System
- Improving recreational opportunities for all
- Fostering vibrant transit station areas
- Increasing housing choices for all ages

Change is gradual, but having a plan in place to guide change – from proposals for new homes and businesses to future investment into community spaces – helps ensure change is aligned to the future vision for the area.

Visit calgary.ca/Shaganappi starting October 15, 2024 to:

- ③ Check out the final draft South Shaganappi Communities Local Area Plan.
- ③ Learn how public input informed the Plan.
- ③ Find out about upcoming public information sessions (online and in person).

