

APRIL 2025

DELIVERED MONTHLY TO 2,025 HOUSEHOLDS

your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



Swish ORAL CARE

swishoralcare.ca

It's officially official.

Swish has arrived in the University District! Now accepting new patients.

*Find our insert in this magazine for more info.

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



www.banfftrailcommunity.ca

BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269



@lacoccinelleyyyc
@lacoccinellepreschool

Located near Brentwood Village Mall
French Immersion Preschool
for Children Ages 3-5
No previous French experience required

REGISTER TODAY!

(403) 815-4063

www.la-coccinelle.ca

registrar@la-coccinelle.ca



GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



LOOKING FOR GORGEOUS PHOTOS?

LET'S WORK TOGETHER!

If you are looking for custom artwork with a one-of-a-kind luxury experience, a stress-free process and easy posing, you have come to the right place. With over 10 years of experience, you can rely on us to create images that you will cherish for a lifetime.



DEBORAH NAKASKA
PHOTOGRAPHY

✉ DEBORAHNAKASKAPHOTOGRAPHY@GMAIL.COM

CONTACT: ☎ 403-975-2477

🌐 WWW.DEBORAHNAKASKAPHOTOGRAPHY.COM

STUDIO LOCATION: ONE NORTH BUSINESS CENTRE
- BRENTWOOD - 4503 BRISEBOIS DRIVE NW

Joke of the Month



Dressed Up

What does a house wear?
Address.

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



Your Patio Furniture Superstore!

YETI

Wicker Land Patio

weber

TRAEGER

RATANA

BBQ LAND

Modern
Patio

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca



& northminster
UNITED CHURCH
St. David's
UNITED CHURCH

Hop to Church

FIND YOUR COMMUNITY HERE

Easter Sunday, April 20th

10:30 AM

"Hope Lives Here"

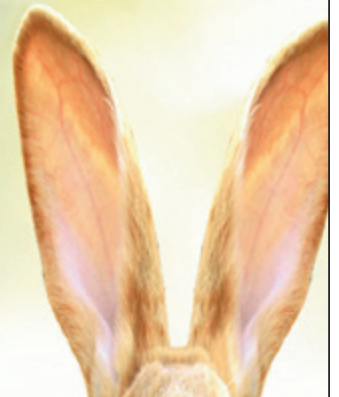
A Worship Celebration

Orchestra & uplifting music

Activities for children

3303 CAPITOL HILL CRES NW

WWW.CALGARYUNITED.CA



Banff Trail Community Association

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

DIRECTORS

President	Nathan Chandler	president@banfftrailcommunity.ca
Vice President	Patrick Oscienny	vp@banfftrailcommunity.ca
Secretary	Vacant	secretary@banfftrailcommunity.ca
Treasurer	Kathy Quinn-Bayrack	treasurer@banfftrailcommunity.ca
Events Director	Vacant	
Planning and Development	Vacant	
Director at Large	Denys Robinson	denys.robinson@banfftrailcommunity.ca
Director at Large	Evan Gillespie	evan.gillespir@banfftrailcommunity.ca
Director at Large	Kathryn Davies	kathryn.davies@banfftrailcommunity.ca

STAFF

Hall Manager	Abi Harker	hallmanager@banfftrailcommunity.ca
Communications	Ali MacQuarrie Kim Jordan	communications@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



OPEN BTCA BOARD POSITIONS

- Secretary
- Planning & Development
- Events
- Director at Large

JOIN US!



PLEASE EMAIL:

president@banfftrailcommunity.ca

communications@banfftrailcommunity.ca



BANFF TRAIL COMMUNITY ASSOCIATION

Thank you Rink Volunteers!

SKATING SEASON COMPLETE

COSMIC TRUCE: THE ECLIPSE THAT STOPPED A BATTLE!

On April 6, 648 BC, the Ancient Greeks recorded one of the earliest solar eclipses! Greek historian Herodotus described how the eclipse coincided with the battle between the Lydians and the Medes, scaring the armies into a truce. Talk about a cosmic peacekeeper!



Let us know how you feel about your community and the BTCA!

What would you like to see for upcoming events?
 What programs and services could we be providing?
 Or any feedback BTCA related!

Email: communications@banfftrailcommunity.ca
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



BTCA
BANFF TRAIL COMMUNITY ASSOCIATION

HAVE YOUR PHOTOS FEATURED IN THE
NEWSLETTER

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.



ONLINE VOLUNTEER REGISTRATION

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

JOIN US NOW!



DON'T MISS A THING!

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

Email Address

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.



GOOD FOOD BOX

ORDER BY APR 21 PICK-UP APR 30

banfftrailcommunity.ca/good-food-box



Community Board Game Night

Friday, April 11
7:00 pm - 9:00pm

2115 20 AVE NW
Hosted in Banff Trail Community Centre. Bring your favourite game or play one of the 30+ games available



BANFF TRAIL COMMUNITY ASSOCIATION

COMMUNITY PING PONG Night


WWW.BANFFTRAILCOMMUNITY.CA

COMING SOON!

BRAIN GAMES SUDOKU

4								
5		6		1				
3	2					9		1
			8		2	3		7
7			1		6			2
8		2	7		3			
9		8					5	4
				8		7		9
								6

SCAN THE QR CODE FOR THE SOLUTION



Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

Swish ORAL CARE

It's officially official.

Swish has arrived in the University District! Now accepting new patients.



swishoralcare.ca

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

At Swish, great care comes easy.

Swish is a locally owned dental clinic, and we opened this winter 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 us at the brand-new University District location, now open!

Good Vibes +
Shame-Free
Treatment

Fast and
Convenient
Direct Billing

Experience
the Extras at
No Extra Cost

This just in...

- “ This is a really friendly, relaxed and well designed space (the dental care is great too! Haha). It feels like a true self care experience from start to finish, and so far my care has been top notch.” - *CL*
- “ I've never been excited for a dentist appointment before like I was for my first visit yesterday and it did not disappoint.” - *Jl*
- “ Always amazing service from all the staff and every experience is as painless as the dentist can be! They are very accommodating and make sure you're comfortable every step of the way.” - *CH*
- “ The best dental experience I've ever had and I've been to a lot of different places. Now I've found my spot.” - *RL*

Take a closer look inside Swish U/D

Good vibes. Great care. Swish has officially landed in U/D! From our Patient Lounge to the Swish Bar, our clinic is designed to melt away dental anxiety and leave you feeling confident (not self-conscious) about your oral health.



The Patient Lounge

Sip on complimentary Monogram coffee, browse our curated selection of beauty and oral care must-haves, or flip through a stunning coffee table book while you wait. It's a whole vibe.

The Ops

Fully stocked with the latest tech and wellness-inspired amenities to make your appointment *actually* enjoyable. Aromatherapy, blankets, and noise-cancelling headphones are all on the menu here. Take your pick and let our team take care of the rest.



The Swish Bar

Because everyone deserves a little treat and flossing is more fun when it's coconut flavoured. Every visit ends at the Swish Bar, where you can stock up on the extras at no extra cost. Take home elevated self-care essentials from Cocofloss, Marvis, Sonicare, and more.

Get to know Swish!
Scan the QR code to book your first
appointment. We'll see you soon.



Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



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.



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

Now open and accepting new patients.
Scan to book your Swish Experience.

Swish Oral Care
3928 University Ave NW
Calgary, AB T3B 6N7
825-540-7183

Find us online:



[swishoralcare.ca](https://www.swishoralcare.ca)

ud@swishoralcare.ca



@swishoralcare

Photo Corner



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

2025 SEASON

BANFF TRAIL COMMUNITY SOCCER

U4, U6, U8, U10

REGISTRATION OPEN NOW
www.banfftrailcommunity.ca

FOLLOW US ON
FACEBOOK AND INSTAGRAM FOR MORE UPDATES @BANFFTRAILCOMMUNITY

April Fools... Not!



On April 1, 2004, many people thought Google played an April Fools' joke when they launched Gmail. But the joke was on them - Gmail was real, and it's still one of the most popular email services today.

Vaping and Youth

by Alberta Health Services



Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being “safer” than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

Educate Yourself and Others

You do not have to be an expert on the topic but it’s important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

Educate Children and Youth

We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

Focus on Prevention

To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!

A poster for the Banff Trail Events Committee. The top half has a blue background with white clouds. The text 'JOIN THE BTCA EVENTS COMMITTEE' is in large, bold, white and green letters. Below this, two columns of text ask for more people to get involved and list examples of events like clothing swaps, skating parties, and water fights. A green button contains the email 'events@banfftrailcommunity.ca'. The bottom half features the BTCA logo (Banff Trail Community Association, established 1985) and an illustration of diverse hands reaching up.

A poster with a dark blue background. At the top left is the BTCA logo. To its right, the text 'SCAN ME' is written in large, glowing green letters. Below this are two QR codes, each enclosed in a green rounded square. Under the first QR code is the text 'UPCOMING EVENTS' and under the second is 'VOLUNTEER OPPORTUNITIES'.



News from the Friends of Nose Hill

by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (<https://engage.calgary.ca/parksplan>).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.

Admiration... Always

by Cheryl Dunkley

Seventy years fly by fast
Live in the present, not the past.
What's your secret, we have to ask
Joan would say: "at everything you just laugh!"

Joan is a special gal -
A loyal friend through and through.
The world would be a better place
If this skill was one everybody knew.

Her circle has been busy and wide
Golf, curling, travel, bridge
But, if you need a friend
Joan is right there by your side.

She has tackled many sports,
Always showed up with a smile
If you need love and support,
Joan always goes the extra mile.

A kind word, a compliment, a laugh
She understands what's on your mind.
She listens, has a thought, perhaps an idea new
Joan cares about each and everyone of you!

Happy birthday, dear Joan!
Thank you for being a good friend to all of us.
We are all better for knowing you and could learn
from your example.
We have watched you approach life with
compassion and intention putting others' need
first while making light of your own.

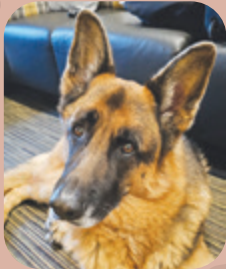
Cats, Canines, & Critters of Calgary



Chestnut,
Canyon Meadows



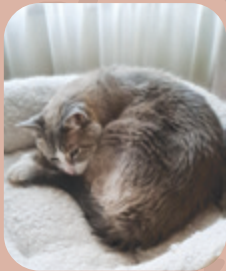
Clifford, Patterson



Essex, Bridlewood



Harry, Rosscarrock



Max, Woodlands



Peanut, Signal Hill



Roxy, Woodlands



Tony, Quarry Park

To have your pet featured, email news@mycalgary.com

CALGARY FINE DENTISTRY

Dedicated to providing you with optimal dental health.



*Dr. Lauren Vredenburg,
Practice owner*

21 Ave NW

19 St NW

Calgary Fine
Dentistry



18 St NW

20 Ave NW

Come check us out!

403-284-3061

#206 1910 20th Ave, NW

www.calgaryfinedentistry.com



**Unlock
Your Dream
Home Now!**

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

TIME TO RENEW YOUR BTCA MEMBERSHIP THIS MARCH

✧ FOR ✧

2025-2026

*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

SCAN HERE TO VIEW ADDITIONAL
BANFF TRAIL CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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.

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.

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.

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.



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!

Word of the Month



Ebullient: adjective (ih-buhl-yuhnt)
Liveliness, enthusiasm, overflowing with excitement.
He was in quite an ebullient mood.

Money, Money, Money



Did you know Canada's currency was once pounds, shillings, and pence? However, on April 14, 1871, Canada switched to dollars, cents, and mills. The mill (1/1000 of a dollar) never made it into circulation but was used for accounting purposes.



ELDERDOG
CANADA



HELP KEEP LOVE IN THE HOME

ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

 facebook.com/elderdoggyyc

 [@elderdoggyyc](https://instagram.com/elderdoggyyc)

 elderdog.ca

*Help us provide
assistance to people
and dogs in need.*

Learn more:

