

AUGUST 2025

DELIVERED MONTHLY TO 2,025 HOUSEHOLDS

your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



Time to Renew Your Mortgage?

Don't Settle – Discover Better Rates
and Options! Get Ready to Save Big!



403-771-8771

anita@anitamortgage.ca

www.banfftrailcommunity.ca

Great News Media

| Call 403-720-0762 for advertising opportunities

| www.greatnewsmedia.ca

NORTHMOUNT MEDICAL CENTRE

DR. ERUM ZAIDI

Female Doctor

**ACCEPTING NEW FAMILY
PATIENTS AND WALK-INS**

Clinic Hours

Monday - Thursday
8:30 am - 5:00 pm

Friday
8:30 am - 4:00 pm

Saturday
9:00 am - 2:00 pm

[Book an appointment](#)

403-289-1188

771 Northmount Drive NW
www.northmountmedical.com



Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



ANITA **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial

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

HAMMERSPACE

Have you ever wondered how Tom can just pull a bat out of thin air to try to get Jerry with? Or where exactly Bugs Bunny keeps all his goodies that seem to just "appear." Funny enough, there is a name for this magical place where things pop out from. This imaginary extradimensional storage area is called hammerspace.





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

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	Vacant	
Planning and Development	Vacant	development@banfftrailcommunity.ca
Communications	Vacant	communications@banfftrailcommunity.ca
Membership	Vacant	
Garden Group	Natasha Freedman	garden@banfftrailcommunity.ca
Director at Large	Evan Gillespie	
Director at Large	Greg Boorman	
Director at Large	Alex Lush	
Director at Large	Mark Davis	
Director at Large	Kristen Street	

STAFF

Hall Manager	Abi Harker	hallmanager@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



SCAN ME



**UPCOMING
EVENTS**



**VOLUNTEER
OPPORTUNITIES**



**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

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 graphic features a blue background with white clouds at the bottom. On the right, there is a circular logo for the Banff Trail Community Association (BTCA) with the text "BANFF TRAIL COMMUNITY ASSOCIATION" around the perimeter and "BTCA" in the center. Above the logo, several hands of different colors are raised. A blue arrow points from the text "great upcoming events!" towards the "JOIN US NOW!" button.



BTCA

**HAVE YOUR PHOTOS FEATURED IN THE
E-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.

The graphic has a blue background with a green triangle at the bottom. In the top left corner is the BTCA logo. In the center is a detailed illustration of a vintage camera. The text is in white and yellow.



DON'T MISS A THING!

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

Email Address

The graphic has a blue background. At the top center is the BTCA logo. Below it is the headline "DON'T MISS A THING!" in large, bold, green letters with a white outline. Underneath is a smaller line of text in white. Below that is a laptop screen showing a photo of two children at a table with a sign that says "Email Address" and a text input field. There are white starburst graphics on either side of the laptop.

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.

Why Volunteering in Your Community Matters

Volunteering is one of the most impactful ways to strengthen and support your community. By giving just a little of your time, you can help create a connected, vibrant, and welcoming neighbourhood. Plus, the benefits of volunteering go both ways—it not only helps others but also brings a sense of fulfillment and joy to you.

Why Volunteer?

- **Build Connections:** Volunteering helps you meet new people and build friendships with neighbours you might not have known otherwise.
- **Make a Difference:** Your efforts can create positive change, whether it is by organizing events, maintaining local spaces, or helping community programs thrive.
- **Learn New Skills:** Volunteering provides an opportunity to develop new abilities and gain valuable experiences that can be useful in other areas of your life.
- **Feel Good:** Giving back boosts your mood and overall well-being, bringing a sense of purpose and community pride.

Ways to Get Involved

- **Event Support:** Help at BTCA events like community events, holiday celebrations, committees, or seasonal activities.
- **Community Garden:** Join in on maintaining our community garden—grow fresh produce while fostering environmental awareness.
- **Youth Programs:** Mentor or assist with youth sports, educational workshops, or art programs. We need volunteers for soccer!
- **Local Cleanups:** Participate in community cleanups to keep parks and public spaces beautiful.
- **Board and Committees:** Consider joining the community association's board or a committee to help shape future initiatives and events.

Your time and effort can make a lasting impact. Ready to get involved? Reach out to learn about upcoming volunteer opportunities in our community!

Email communications@banfftrailcommunity.ca to learn more.

Thanks, from all of us at BTCA!



News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.

**Chinooks
FC**

BANFF TRAIL COMMUNITY

**GRASSROOTS
SOCCER**

U4-U8 PROGRAMS



REGISTER ONLINE

CHINOOKSOCCER.COM/BANFF-TRAIL



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

Swish ORAL CARE



Fresh
appointments
just dropped.

Swish U/D is filling up
fast. Now booking new
appointments.

scan me scan me scan me



swishoralcare.ca

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

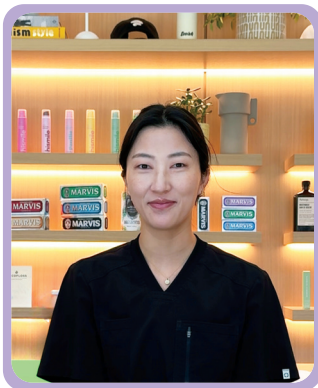
Meet Dr. Jade Park.

Now booking appointments with our newest U/D Dentist.

Dr. Park has been bringing an upbeat, warm energy to the Swish team since spring 2025. This girl knows Alberta through and through, having been born in Red Deer, AB and spending much of her childhood between Edmonton and Calgary. Craving a change of scenery, she made the move to Winnipeg to pursue a Doctor of Dental Medicine degree at the University of Manitoba. Upon graduating, she relocated back to Calgary, where she calls Swish U/D home.

Dr. Park is extremely passionate about creating a welcoming and comforting dental experience for every patient who walks through our doors. For her, education is key. She takes the time to walk patients through every step of their oral health journey, with the hope that each patient becomes as enthusiastic about their care as our team is.

Outside of the clinic, you can find her exploring the city or outdoors with her friends and family. From hiking new mountain trails, to giving cross-country skiing her best shot in the winter, she's always ready to take on a new challenge or try a new restaurant. Next time you're in, make sure to share your favourite hiking trail or restaurant with her.



Book your next visit with
Dr. Park today!



Our guide to booking your Swish Appointment

Been thinking about booking your first appointment? Here's your step-by-step guide to becoming a Swisher. Bonus: you picked a great time, we've just dropped a full suite of appointment openings.



Book online

Simply scan this QR code to select your appointment time and submit a request. Be sure to select U/D as your preferred location.



Can't find a time?

Call us at 825-540-7183 to be added to our ASAP List. If there's a cancellation, we'll give you a call to move up your appointment.



Bonus tip

Pre-book after each appointment. With clinic volumes at an all-time high, pre-booking is always your best bet.

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.



Cosmetic Dentistry

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



Fresh 5

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



Invisalign

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



Dental Work

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



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:

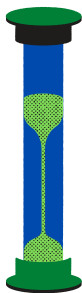
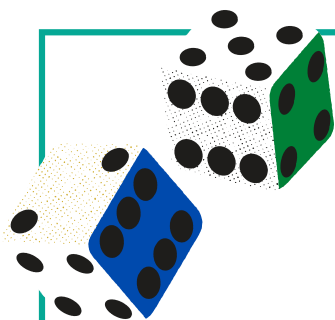


swishoralcare.ca

ud@swishoralcare.ca



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



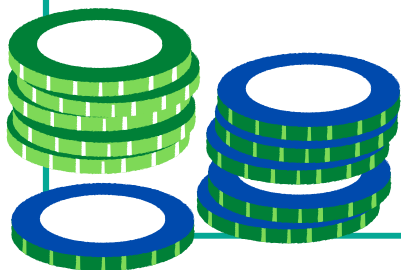
Community Board Game Night

Friday, August 8

7:00 pm - 9:00pm

2115 20 AVE NW

**Bring your favourite game or play one
of the 30+ games available. Now with
Ping Pong tables and snacks!**



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



TIME TO ORDER YOUR

GOOD FOOD BOX



**ORDER BY
AUG 18**

**PICK-UP
AUG 27**

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

Happy Birthday

Born in St. Matthews, South Carolina, Viola Davis is one of the most incredible actresses of our time. She was born on August 11, 1965, making this date a very important one in pop culture! How will you be celebrating this Woman King?



Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

What Really Happens to Your Green Cart Waste?

by The City of Calgary Waste and Recycling Services



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check calgary.ca/foodscraps for more tips to make your green bin a winner!

Summer Is a Great Time to Try Something New in Calgary Parks

by The City of Calgary

Are you looking for ways to keep the young people in your life and yourself active with fun, free activities this summer? Calgary's parks have so much to offer. Ward off boredom and stay busy with new adventures all summer by trying the following activities.

- **Cool off with a trip to a spray park or wading pool that you haven't visited before.** Check out calgary.ca/sprayparks for a list of all City spray parks and wading pools. Did you know that select parks also have aquatic wheelchairs that you can borrow for free?
- **Explore a new playground.** Check out the playground finder map on calgary.ca that has all City playgrounds, including inclusive playgrounds (square icons) with something for everyone. The map includes information about the play surface for each playground (e.g., gravel or inclusive playgrounds that have accessible rubber surfaces).
- **Golf, disc golf, bike pump tracks, and more.** The City has seven City of Calgary courses, family golf nights and several youth programs, and golf lessons. Our parks also have four permanent and some temporary disc golf courses for you to enjoy during a nice summer day. Take a break during your bike ride along the City's regional pathway to try a bike pump track. Find out where you can play beach volleyball this summer and much more at calgary.ca.



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.

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.

EXPERT RENOVATIONS & PROPERTY MAINTENANCE SOLUTIONS: Interior/exterior; simple fixes to more complicated projects. Plumbing & electrical fixes; full reno for bathrooms, kitchen upgrades & more. Specializing in older homes, pre-sale updates, stone & tile work installations & maintenance. Local, licensed, insured. We offer free consultations. Property Managers welcome. Call 403-992-5574.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



the Gutter Doctor®
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca

**SCAN HERE TO VIEW ADDITIONAL
BANFF TRAIL CONTENT**

News, Events,
& More



Crime
Statistics



Real Estate
Statistics

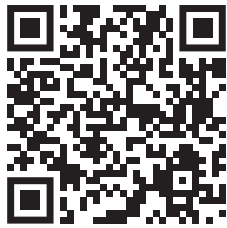


GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

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



SCAN ME

