

JANUARY 2025

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# your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



## WELCOME 2025!



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Girls & Boys Ages 4 to 16  
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# OPEN BTCA BOARD POSITIONS

- Secretary
- Planning & Development
- Director at Large

**JOIN US!**

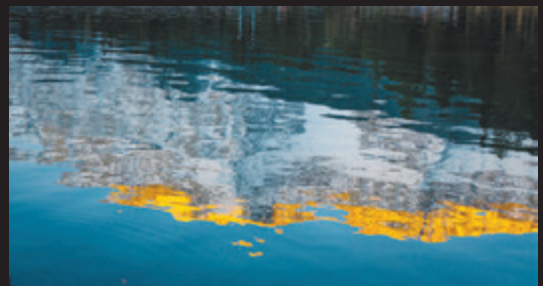
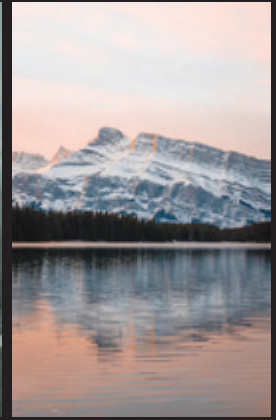
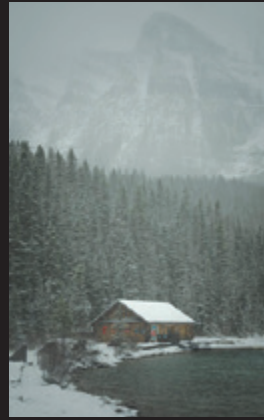


**PLEASE EMAIL:**

president@banfftrailcommunity.ca  
 communications@banfftrailcommunity.ca

# Photo Gallery

by Jirapan Nilmanee (Mik)



## TEEN/TWEEN BOARD GAME NIGHT



**Friday, January 10**

**7:00 pm - 9:00 pm**

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

2115 20 AVE NW

[www.banfftrailcommunity.ca](http://www.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 Director	Vacant	
Planning and Development	Vacant	
Director at Large	Denys Robinson	denys.robinson@banfftrailcommunity.ca
Director at Large	Evan Gillespie	evan.gillespie@banfftrailcommunity.ca
Director at Large	Kathryn Davies	kathryn.davies@banfftrailcommunity.ca

## STAFF

Hall Manager	Abi Harker	hallmanager@banfftrailcommunity.ca
Communications	Ali MacQuarrie Kim Jordan	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](mailto:communications@banfftrailcommunity.ca).



Remember, [www.BanffTrailCommunity.ca](http://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

## Remember Me - Doreen Hammond

Doreen, the darling of Banff Trail, passed away at the age of 98 plus one day on October 14, 2024. She died in the home that she and her husband Bill built in 1955.



Doreen was born in Stettler, Alberta on October 13, 1926, the eldest of five children. She lived on the family farm and eventually in 1948, at the age of 22, moved to the big city of Calgary where she worked at the Hillhurst branch of the Royal Bank.

She met Bill her future husband, purchased land in Banff Trail in 1952 and spent every waking moment building their forever home. In 1955 they moved in and had two children, Warren and Karen. Doreen would tell stories about the land around their home, the farms and fields outside their front window, no power, no sidewalks, no public transit. When you looked to the west there were wide open spaces and mountains. It was a very different world.

What we all remember about Doreen is her unfailing spirit and energy, her kindness, her laughter, her strong sense of community. She was a founding member of Banff Trail. She was on the Board of Directors. She worked with the Ladies Auxiliary, hosted fundraising dinner banquets for our community hockey team, organized many social events including movie night at the hall, sold hot chocolate and without fail worked at our casino fundraiser doing the midnight shift in the count room. If you didn't let Doreen know about the casino, she would be most upset.

Doreen and the Ladies Auxiliary purchased the beautiful painting that is now on the wall of the Board Room.

Doreen became Banff Trail's oldest mountaineer when, at the age of 96, she summited Nose Hill, going up the east ridge from the Winter Club along the ridge and then down the west flank to Brisebois parking. It was her determination to do it, and she walked most of the way.

Those of us who had the privilege of knowing Doreen will never forget her. She had the spirit of community that we all should embrace. We extend our deepest condolences to Doreen's family.

Rest in peace, darling Doreen.

Doreen is the cover girl on this issue of the *Howler*. She is wishing everyone a very happy and healthy New Year.



### *Polar Bears' Secret Colour*



Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent! The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.



**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](mailto:communications@banfftrailcommunity.ca)  
[www.banfftrailcommunity.ca](http://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](mailto: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](http://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](mailto:membership@banfftrailcommunity.ca). Please include your name, address, phone number, partner's name, and how many children you have under the age of 18.

## Chill Downtown This Winter!

*by the City of Calgary*

Chill downtown this winter and experience the beauty the season has to offer. Whether you're looking to sip hot cocoa, enjoy a downtown winter festival like Chinook Blast, master your skating skills, or simply soak in the festive atmosphere, there's something for everyone. Grab your mittens, gather your friends, and prepare for a season filled with twinkling lights, mouth-watering treats, and fun events that will warm you up from the inside out!

As downtown continues to transform, The City along with its partners are proud to offer a wide variety of activities and entertainment, with the goal of becoming a 24/7 destination where people live, work, learn, and play all year long. To ensure Calgarians and visitors know what's happening downtown and to help plan your day, we've created Choose Your Own Downtown Adventure Itineraries. With a new itinerary released each month until March, you'll have fun and unique ideas at your fingertips to help plan your downtown outing.

Embrace the season and chill downtown this winter. Ready, set, explore! To learn more about the Choose Your Own Downtown Adventure Itineraries and other exciting events and activations happening downtown, visit [calgary.ca/exploredowntown](http://calgary.ca/exploredowntown).





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](mailto:MEMBERSHIP@BANFFTRAILCOMMUNITY.CA) TO RENEW

*Word of  
the Month*



*Cynosure*: noun (SIGH-noh-  
syoor)

A center of attraction  
or attention.

*The bride was the cynosure of  
all eyes at the wedding.*



# Swish ORAL CARE

It's officially official.

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



Scan me Scan me Scan me



[swishoralcare.ca](http://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

## Swishers say...

- “ I love this dentist. I feel comfortable, the staff are amazing. It's clean and new. Couldn't have a better experience every time I go. Thanks Swish.” - *PW*
- “ Amazing experience, 10 out of 10! The team is super friendly and very knowledgeable, you are in great hands here. Most importantly I felt comfortable the whole time and left the dentist office feeling good about my teeth and oral health.” - *LC*
- “ My partner made me switch to this dentist and I'm so glad I did. They make you feel so welcome. I have had more than one appointment and every time it's been such a great experience. I mean who likes going to the dentist?” - *YT*
- “ The best dental office in the city. Dr. Shlah and his team always provide my family with the highest level of care. The office has a comfortable environment and any dental stress we had before the appointment is gone when we walk in the door. We always look forward to our next visit.”

# The wait is over. Welcome to the Swish Experience.

Swish University District is now open!

Located in the award-winning University District, Swish U/D brings our signature 'self-care + oral care' experience to Calgary's Northwest.

Enjoy a suite of amenities like warm blankets and aromatherapy, treat yourself to local goods from Village Ice Cream or Monogram, and relax in a space so stunning, you might just forget you're at the dentist. The best part? It's all delivered with judgement-free, patient-centred care.

Say goodbye to dental anxiety and say hello to Swish.

Visit [swishoralcare.ca](http://swishoralcare.ca) to reserve your spot.

We can't wait to see you in U/D.

Take care,

*Team Swish*

## The 411 on Swish U/D

### Where is Swish U/D?

We're located at 3928 University Ave NW on the main floor of the Argyle building.

### What services do you offer at Swish U/D?

All the classics (The Essentials, Fresh 5), plus Cosmetic Dentistry, Dental Emergencies, Invisalign, Botox, and more. Head to our Services page for the full list.

### Who will be my dentist at Swish U/D?

Dr. Zahi Shlah will be doing double duty at Swish Bridgeland and U/D. Expect to see a few more friendly, familiar faces from Bridgeland too.

### Do you direct bill?

Absolutely. Make sure to add your insurance info to your New Patient Forms for a super smooth, seamless check-out.

### Where can I park?

Complimentary 3-hour parking is available in the University District underground lot. Make sure to register your license plate at our admin desk when you check-in.

### I have more questions. Who do I contact?

Give us a call at 825-540-7183 or email [UD@swishoralcare.ca](mailto:UD@swishoralcare.ca).



# 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](mailto:ud@swishoralcare.ca)



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

# 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](mailto:events@banfftrailcommunity.ca)

# GOOD FOOD BOX

ORDER BY  
JAN 22

PICK-UP  
JAN 31

[banfftrailcommunity.ca/good-food-box](http://banfftrailcommunity.ca/good-food-box)

# 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

# Sledding Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.



**BANFF TRAIL COMMUNITY ASSOCIATION**  
**BTCA**  
EST. 1955

# BTCA IS LOOKING FOR RINK VOLUNTEERS!

If you are interested in helping this season, please email:

**RINK@BANFFTRAILCOMMUNITY.CA**

**BRAIN GAMES** **SUDOKU**

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

SCAN THE QR CODE FOR THE SOLUTION

**SUPPORT BTCA!**

**BANFF TRAIL COMMUNITY ASSOCIATION**  
**BTCA**  
EST. 1955

**Thank you for Supporting Our Community!**  
Your generous donations help us run enriching events and programs.  
**Please consider making a small donation today!**

# How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

**6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

### Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

# Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



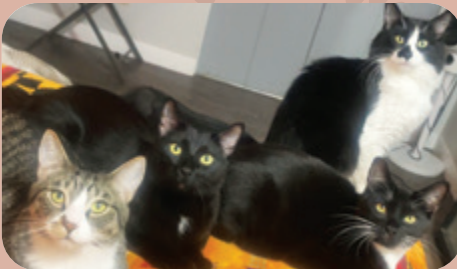
Mirabella,  
*Lower Mount Royal*



Poupie, *Deer Run*

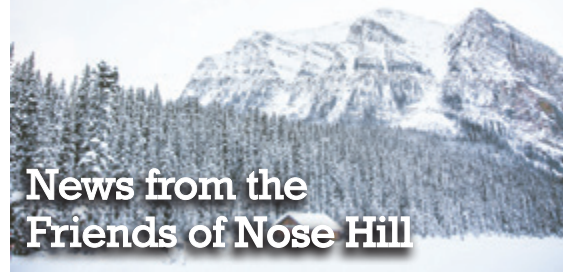


Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



## News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

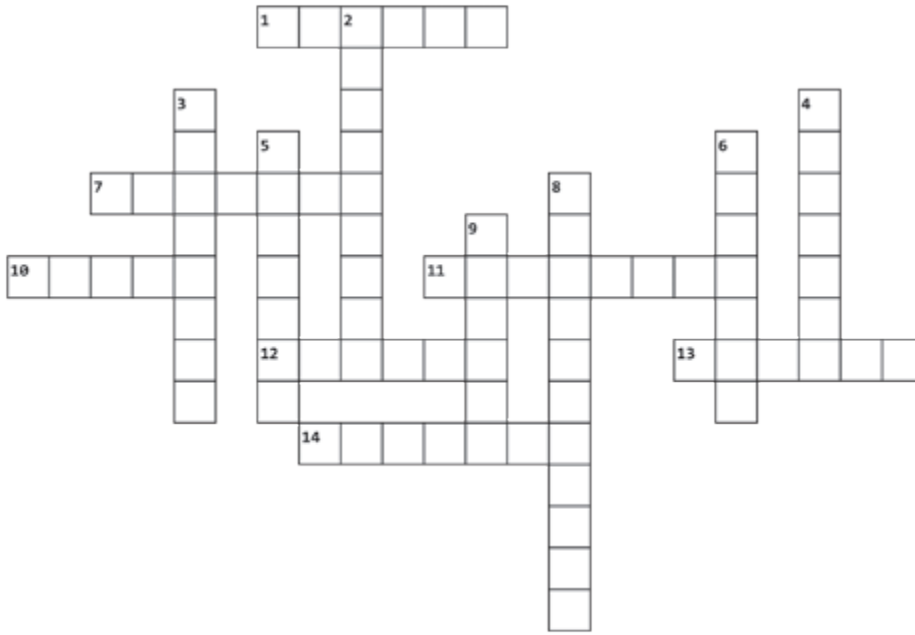
The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.



# January Crossword



## Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
7. World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter \_\_\_\_\_'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

2. Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
6. Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.

## GAMES & PUZZLES

### Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

**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.

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News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media  
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## Joke of the Month

*Why did the pony  
get detention?*

*Because he was  
horsing around.*



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