BANFF TRAIL howler









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www.banfftrailcommunity.ca









ANNUAL BACKPACK PROGRAM







Give the gift of learning! We need the following school supplies: School bags, water bottles, ziplocks, lunch bags, pencil cases, art supplies, scissors, crayons, hygiene kits, markers, highlighters, glue, school snacks, and juice boxes.



DROP-OFF LOCATION:

150 Martinbrook Rd NE, Calgary, AB T3J 3E3
or we can send a volunteer to pick up the items



Email us at contactsabconnections@gmail.com or call (403) 708-7924















Acumen: noun
(uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.



Banff Trail Community Association

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

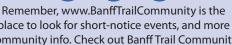
DIRECTORS		
President	Nathan Chandler	president@banfftrailcommunity.ca
Vice President	Patrick Oscienny	vp@banfftrailcommunity.ca
Secretary	Vacant	secretary@banfftrailcommunity.ca
Treasurer	Kathy Quinn-Bayrack	treasurer@banfftrailcommunity.ca
Events	Vacant	
Planning and Development	Vacant	development@banfftrailcommunity.ca
Communications	Vacant	communications@banfftrail community.ca
Membership	Vacant	
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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.







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







by Anne Burke

We are celebrating the 10th Anniversaries of the City Nature Challenge and of iNaturalist Canada. The 7th Annual Calgary City Nature Challenge was on April 25 to 28, 2025. So far, the previous year was most successful with 13,000+ observations. Other micro bioblitzes will happen all this summer. The iNaturalist platform is being used to help provide up to date records of the occurrence of the flora and fauna of Nose Hill with particular emphasis on the native vascular and nonvascular plants, fungi, birds, mammals, butterflies, moths, and bees.

Nature Calgary is a community that promotes the preservation of natural habitats, provides educational opportunities, and supports the collection of natural history observations. This year, the group is focusing their efforts on Nose Hill and Bowmont Park. We were contacted to encourage our members to take pictures of the Nose Hill biota (animal and plant life of a particular region, habitat, or geological period) and submit the photographs to https://inaturalist.ca/projects/nose-hill-park-bioinventory.

The goal is to publish an updated version of "The Green Book" in time for its 50th Anniversary and to monitor the changes in eleven Calgary Natural Areas. Whenever you visit a park, you can upload your observations to eBird and there are links to all these Parks at https://inaturalist.ca/. The project is being spearheaded by Nature Calgary and the Native Plants Council of Alberta - Calgary Chapter. In 1980 "The Green Book" was called "Calgary's Natural Areas: A Popular Guide" as one of the City's most extensive repositories of biodiversity. The first of its kind when data collection began in 1975, it was cited during the planning and creation of several of our Natural Parks. Many contributions provided by citizen scientists will add to the accuracy of the new publication and are greatly appreciated.

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



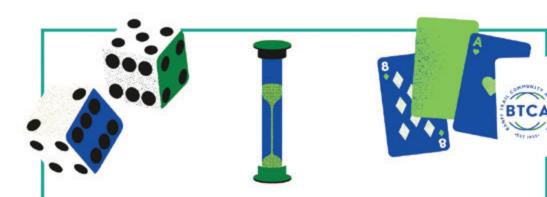




BTCA Memberships

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.



Community Board Game Night

Friday, June 13

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!







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!





SUISE ORAL CARE



Fresh appointments just dropped

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





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 brandnew 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...

- 46 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
- 66 I've never been excited for a dentist appointment before like I was for my first visit yesterday and it did not disappoint." JI
- 44 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

Our guide to booking your Swish Appointment

Been thinking about booking your first appointment? Here's your step-bystep 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.



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? Sav no more - we're on it.



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:

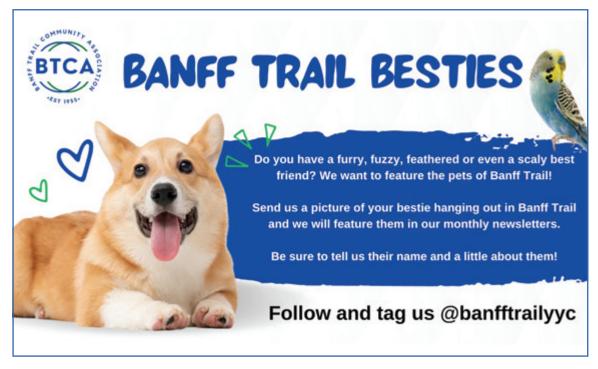


swishoralcare.ca ud@swishoralcare.ca



@swishoralcare





Early Literacy Development in Preschool

by Rima Madi, ECE



The early years of life are a critical period in child development due to the brain's plasticity and the rapid formation of neural connections. During this time, children absorb information quickly and are especially receptive to language and literacy. As Raban and Scull (2013) stated, "The early years are a crucial period for literacy and numeracy acquisition" (p. 101). This developmental stage lays the foundation for formal learning and presents an optimal window for nurturing early literacy. From infancy through the toddler years, children begin to grasp the basic components of letters and numbers that are essential for later academic success.

Early literacy begins well before children enter school. Parents and caregivers play an essential role by integrating reading, singing, storytelling, and conversation into daily routines. These interactions not only foster early language and literacy development but also promote social bonding and secure attachments. Environments that prioritize relationships and provide consistent opportunities for language-rich exchanges help children build the skills needed to succeed in school and beyond.

Children develop early literacy within the context of their socio-cultural environment, where they learn language through meaningful participation in family and community life. As Raban and Scull (2013) note, equal access to resources and culturally embedded practices allow children to grasp the deeper meanings and uses of language. According to the Canadian Paediatric Society (2024), "Literacy is a key social determinant of health that affects the daily socioemotional lives of children and their economic prospects later in life" (p. 1). When children are immersed in print-rich environments—where books, signs, and labels are part of everyday life—they begin to understand that written language carries meaning.

Although several factors influence a child's reading ability, including memory, intelligence, and social class, the most consistent predictors of reading success are phonological awareness, print knowledge, and oral language. Phonological awareness is the ability to recognize and manipulate the sounds in spoken words. Print knowledge includes recognizing letters and understanding how print works. Oral language skills—such as vocabulary and sentence formation—support comprehension and expression. Wilson and Lonigan (2010) found that children with stronger vocabularies are more likely to become fluent readers.

Children who experience limited literacy opportunities early on may face significant challenges. Difficulties in reading and writing can lead to academic frustration, reduced confidence, and delayed communication skills. These struggles can have social and emotional consequences, affecting children's ability to interact with peers. As Raban and Scull (2013) observed, "Parents are seeking help from professionals for their children whose self-esteem and behaviour problem are a consequence of learning difficulties..." (p. 102). Westrupp et al. (2020) linked language delays with behaviour and emotional issues such as hyperactivity, inattention, and anxiety.

To prevent these outcomes, early intervention and structured literacy instruction are essential. According to the Canadian Paediatric Society (2024), well-designed literacy curricula—including systematic teaching of phonemic awareness, phonics, and early word reading—can prevent or resolve difficulties in up to 95% of children.

At the same time, it is vital to maintain a play-based, developmentally appropriate approach. Intentional literacy-rich play allows children to explore language in joyful and meaningful ways. Activities like rhyming

songs, storytelling with props, and word games support phonemic awareness and vocabulary growth. Picture book read-alouds paired with reenactments offer multiple modes for children to engage with language. Field trips further support vocabulary by connecting words with real-world experiences. As Wohlwend (2021) explains, "Field trips embed language in actions, sensations, and memories to contextualize vocabulary" (p. 3).

In conclusion, early literacy development is foundational to lifelong learning, and integrating play-based strategies ensures that learning is engaging and effective. When educators and families collaborate to create supportive, literacy-rich environments, children are empowered to become confident and capable learners prepared for future success.

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- Wohlwend, K. E. (2021). *Playing to read: The role of play in literacy development*. In M. J. White & L. T. Ritchie (Eds.), *Reimagining play for early childhood* (pp. 1–20). Teachers College Press.

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YOUR CITY OF CALGARY

Register to Vote in Calgary's General Election in October

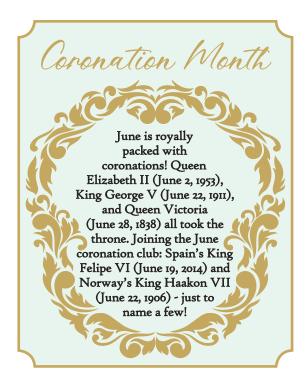
by The City of Calgary

Calgary's General Election will take place on October 20, 2025, and eligible voters can check if they are registered, update their information or add themselves to the Permanent Electors Register until August 1, 2025.



Visit www.voterlink.ab.ca or call Elections Alberta toll free at 310-0000 then dial 780-427-7191.

If you miss the opportunity to register or update your information in advance, you can register at the voting station during Advance Vote (October 6 to 11) or on Election Day (October 20). Information about Calgary's upcoming General Election, including voter eligibility can be found at www.electionscalgary.ca.



Overcoming the Barriers of Fruit and Vegetable Intake

by Alberta Health Services



Did you know that since 2015, intakes of vegetables and fruit by Canadians have been steadily decreasing? Only 16 percent of Albertan men consume vegetables and fruit five times or more per day.

Most people know that vegetables and fruit are good for their health.

Research has shown that men identified the following barriers to getting enough vegetables and fruit daily: lack of time, taste, and cost. Read more to find out about these obstacles and tips on how to incorporate more fruit and vegetables in your daily life.

Lack of Time

Having a busy schedule, whether it is due to work, family, or other daily activities, may make it difficult to plan, shop for, and prepare healthy meals and snacks. The following tips provide ways to add vegetables and fruits into your daily diet, without making meal preparation too overwhelming.

Plan Ahead

Look at your schedule at the beginning of the week and brainstorm meal and snack ideas for the week.

Choose vegetables and fruits that can be used for multiple meals in that same week to reduce waste. Try filling half of your plate with vegetables and fruits at every meal.

Feeling like you have no time to cook? Try preparing your meals in bulk on your days off for the week ahead. This way, you can come home after a busy day to a completed meal full of vegetables.

Grocery Shop with Ease

Make a grocery list and stick to it. This may reduce food waste and additional grocery trips.

Buy vegetables, fruits, and other ingredients needed for your meals and snacks ahead of time so you have enough for the week ahead.

To reduce food preparation time, try pre-cut or pre-washed vegetables such as baby carrots and spinach or frozen mixed vegetables.

Prepare

Place washed and cut up vegetables in containers to always have options ready to go.

Add it to your breakfast: berries on cereal/oatmeal, vegetables to omelets, spinach to smoothies.

Add it to your lunch or dinner: broccoli to macaroni and cheese, peppers and mushrooms on pizza, extra vegetables in stir-fries.

Choose fruits that come in their own "package." Bananas, oranges, and apples are foods that require no cutting or to be put into containers.

Texture and Taste

Flavours and textures of some vegetables and fruits may not be appealing to all people. However, with some various preparation and pairings, these suggestions might influence you to retry your least favourite vegetable or fruit:

• Try New Cooking Methods and Textures

Roasted: Roasting is a slow cooking process that uses dry heat (like an oven) at high heat to cook and create browned edges on the food. Try roasting broccoli and topping it with parmesan cheese or thinly slicing sweet potatoes into fries.

Pureed: Pureeing changes the textures of solid foods by turning them into a smooth texture with no lumps. Use a blender or food processor to puree berries into a sauce or squash into a soup.

Steamed: Steaming uses indirect heat from hot steam to cook food. Try steaming frozen or fresh corn and add it into a dish.

Grilled: Grilling is a quick cooking method that uses direct heat at a high temperature. Try placing mushrooms and peppers on a skewer and placing them on your BBQ or even place them directly onto the grill.

Sautéed: Sautéing uses a hot pan with a small amount of fat over high heat while constantly stirring the food.

Use chopped onions, broccoli, and carrots with some olive oil to add into your next meal.

Add Some Flavour

Drizzle olive oil or lemon juice and add herbs or garlic to vegetables.

• Pair with Foods You Enjoy

Add bananas, apples, or berries into pancakes.

Add carrots, zucchini, or apple into muffins and loaves.

Add mushrooms or peppers into your favourite omelets.

Add tomato and lettuce to a burger.

Cost

With grocery prices rising, it can be difficult to incorporate vegetables and fruit into your diet. Check what you have at home in your pantry, fridge, and freezer before going out to buy more vegetables and fruit. See if you can use what you already have.

Plan your shopping trips and compare prices with different grocery stores to find the cheapest products. Some stores will even match a lower price product found at a competitor's store. Compare brand names, as some popular brands may be more expensive than a generic brand. Look for grocery stores with discount days, where you can save money off your total grocery bill. Fresh, frozen, and canned vegetables and fruits are equally healthy options. Research fresh produce in season or choose frozen and canned options for lower prices of your favourite vegetables and fruits. Choose items with close best before dates if you can use it within the date, as they may price it lower.

Store food properly. Storing vegetables and fruit properly will reduce waste, prevent extra grocery store trips, and save you money. Some vegetables and fruit should be stored at room temperature, while others need to be refrigerated. Freezing produce can allow them to last longer and to be used at a later time. Visit Canada.ca/FoodGuide and search "Storing Vegetables and Fruits" to find out more information.

Find more resources on healthy eating including meal planning, recipes, and grocery shopping tips at HealthyEatingStartsHere.ca.

Find more tips on incorporating vegetables and fruits into your diet at Canada.ca/FoodGuide.

YOUR CITY OF CALGARY

Property Tax Is Due Monday, June 30, Pay or Join TIPP By Then to Avoid Late Payment Penalties

by The City of Calgary



Property tax bills were mailed out on May 14, with a payment due date of Monday, June 30.

New this year, property owners will also be able to access online their current year's tax bill, and four previous years, through the City of Calgary's secure website, calgary.ca/mytax.

The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax bill, but instead of one large lump sum payment in June, you pay smaller monthly instalments. TIPP makes budgeting easier, and you reduce the risk of late payment penalties.

Signing up for TIPP is easy and you don't need to re-apply each year. The easiest and fastest way to join is using TIPP Online. It's easy, safe and secure. Through TIPP online, your customized agreement will be processed automatically. Once you submit, you will receive an email confirming your enrolment. To access TIPP Online, go to calgary.ca/TIPP and click on the 'Join TIPP' box.

You can also request a TIPP agreement by calling 3-1-1. If calling from outside Calgary dial 403-268-2489.

Plan enrolment must be completed by the due date shown on your tax bill to avoid a late payment penalty.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

TIME TO RENEW YOUR BTCA MEMBERSHIP THIS MARCH FOR



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

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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.

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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

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