

MARCH 2025

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your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



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Epilepsy Awareness Month

Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using

#postyourpurple



Paintur♥ArtOut

KIDS ART CAMPS FOR SPRING AND SUMMER

- Engaging Art Lessons
- Daily Outdoor Activities
- Expert Instructors

HOURS: 8:30 AM - 5:00 PM

AGES: 5 to 13



Art Camps Held At:
Glendale Community Hall
4500 25 Ave SW, Calgary

(587) 210-1377

www.painturartoutyyyc@gmail.com
www.painturartout.com

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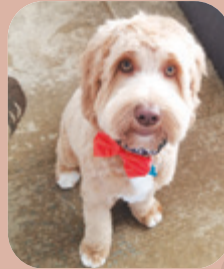
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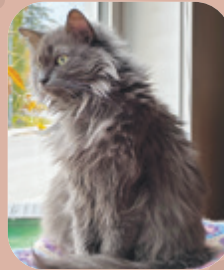
Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



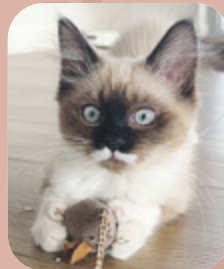
Louie, Panorama
Country Hills



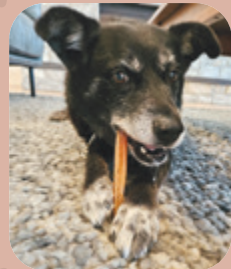
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

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

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
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Events Director	Vacant	
Planning and Development	Vacant	
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Director at Large	Evan Gillespie	evan.gillespir@banfftrailcommunity.ca
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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



Community Family Skating Party

SATURDAY, MARCH 1, 2025

10:00 AM - 1:00 PM

**BTCA OUTDOOR RINK
2115 20TH AVE NW**



MUSIC ❄️ HOT CHOCOLATE ❄️ FIREPITS

WWW.BANFFTRAILCOMMUNITY.CA



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!



BTCA

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.



OPEN BTCA BOARD POSITIONS

- Secretary
- Planning & Development
- Director at Large

JOIN US!



PLEASE EMAIL:
 president@banfftrailcommunity.ca
 communications@banfftrailcommunity.ca



GOOD FOOD BOX

ORDER BY
MAR 17

PICK-UP
MAR 26

banfftrailcommunity.ca/good-food-box

BANFF TRAIL COMMUNITY ASSOCIATION

COMMUNITY PING PONG Night




COMING SOON!

WWW.BANFFTRAILCOMMUNITY.CA



Community Board Game Night

Friday, March 14
 7:00 pm - 9:00 pm

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



BANFF TRAIL BESTIES



Do you have a furry, fuzzy, feathered or even a scaly best friend? We want to feature the pets of Banff Trail!

Send us a picture of your bestie hanging out in Banff Trail and we will feature them in our monthly newsletters.

Be sure to tell us their name and a little about them!

Follow and tag us @banfftrailyyc



BTCA IS LOOKING FOR RINK VOLUNTEERS!

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

RINK@BANFFTRAILCOMMUNITY.CA

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.” - *JJ*
- “ 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](https://www.instagram.com/swishoralcare)

Banff Trail Besties



This is Hemingway. He is a polydactyl, which means he has more than the usual number of toes. In Hemingway's case he has 29. He was called Hemingway after Ernest Hemingway, the writer, who only had polydactyl cats. He is soft and cuddly and likes to chase snacks when they are thrown. He loves sitting on my front stoop and allowing the students from Aberhart High School to take photos of him, cuddle him, and basically adore him.

Submitted by Gail W. 73-year resident of Banff Trail.

Joke of the Month



Which is faster,
hot or cold?

Hot, because you
can catch a cold.



News from the Friends of Nose Hill

by Anne Burke

Across North America vast herds of bison destroyed woody plants in the area by horning, rubbing, and feeding on bark. Males made their mark during "rutting" (mating season). Trees are not naturally part of our vegetation in a tallgrass prairie landscape, due to risks from severe weather events, drought, insects, diseases, and climate change. Calgary has trees on both public and private lands, in parks, natural areas, and green spaces. However, 77% of the urban canopy is on private land. A Guide for Plant Appraisal estimates our urban forest on public land is valued at \$1.3 billion. The urban forest is aging, and other trees are lost to development. Planting 3,500 trees per year will maintain the status quo. The plan is to plant another 4,000 trees per year by 2060.

The City owns and offers Calgary Open Data. Enter your address to view City trees and zoom in to the neighbourhood level. A mobile device near a tree will pan to your location. Rank trees by The Alberta Tree Species Rating Guide. Reporting a City tree? You can now use the 3-1-1 Mobile App. Ask about a young tree that needs help, a mature tree, or a Heritage Tree. On your property, you may need a permit to remove a tree. Where a tree once was may be a good spot to plant a new one. Enjoy YYC Trees Guided Walks. In-person workshops and online programs are Pruning Q and A, Keep Your Tree Happy and Healthy, and Pest and Disease Treatment. Information sessions are 1.5 hours long. Urban Forestry Technicians offer advice. Space is limited. Register for one session only, since the content at each will be the same. For locations and dates check out <http://www.calgary.ca/parks/trees/education-workshops.html>.





2025 SEASON
**BANFF TRAIL
COMMUNITY SOCCER**

U4, U6, U8, U10

PRE- REGISTRATION COMING SOON!

www.banfftrailcommunity.ca

**FOLLOW US ON
FACEBOOK AND INSTAGRAM FOR MORE UPDATES
@BANFFTRAILCOMMUNITY**



Birthday Sunflowers

On Vincent van Gogh's 134th birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million! Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.

Find Your Next Job at the Youth Hiring Fair – March 27

by *The City of Calgary*

Mark your calendars! The Youth Employment Centre (YEC) is excited to announce the return of the Youth Hiring Fair on Thursday, March 27 at the Big Four Building from 1:30 to 6:00 pm. If you're between the ages of 15 and 24, this event is your opportunity to meet with 80 employers ready to hire for part-time, full-time, permanent, or seasonal positions.

Whether you're starting your job search or advancing your career, the Youth Hiring Fair is the place to be. You'll have the chance to connect directly with employers from various industries offering diverse opportunities for all skill levels.

Before the event, be sure to visit the Youth Employment Centre at 315 – 10 Ave SE to receive free assistance with resume building and interview preparation. Our expert employment counsellors are available to help you build confidence and ensure you're ready to make a strong impression on potential employers.

Don't miss out on this fantastic opportunity to secure your next job. Visit calgary.ca/yechiring for more details!



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For more information:
call/text: 403 597 2967
mackenzie.meding@gmail.com
www.musicwithmack.com

JOIN THE BTCA EVENTS COMMITTEE

THE BANFF TRAIL EVENTS COMMITTEE IS SEEKING MORE PEOPLE TO GET INVOLVED HAVE IDEAS FOR EVENTS? WANT TO HELP HOST AN EVENT IN THE COMMUNITY?

EXAMPLES
CLOTHING SWAPS
SKATING PARTY
WATER FIGHTS

events@banfftrailcommunity.ca



SCAN ME



UPCOMING EVENTS



VOLUNTEER OPPORTUNITIES



Banff Trail Real Estate Update

Last 12 Months Banff Trail
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2025	\$838,800	\$837,500
December 2024	\$825,000	\$837,250
November 2024	\$880,000	\$920,500
October 2024	\$769,900	\$812,500
September 2024	\$1,042,000	\$1,039,950
August 2024	\$919,900	\$890,000
July 2024	\$774,900	\$763,000
June 2024	\$737,450	\$817,000
May 2024	\$799,900	\$852,000
April 2024	\$819,000	\$926,000
March 2024	\$724,900	\$733,500
February 2024	\$799,000	\$820,000

Last 12 Months Banff Trail
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2025	5	7
December 2024	3	4
November 2024	4	3
October 2024	5	3
September 2024	11	8
August 2024	5	1
July 2024	2	4
June 2024	6	4
May 2024	11	9
April 2024	9	7
March 2024	4	5
February 2024	3	3

To view more detailed information that comprise the above
MLS averages please visit banff.mycalgary.com



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Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!



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



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Calgary Confederation
Len Webber, MP
 2020 – 10 St NW
 Calgary, AB T2M 3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Buy Canadian, Shop Local

As we navigate through these challenging times, it's more important than ever to support our local economy and fellow Canadians. By choosing to buy Canadian-made products and shopping locally, we can make a significant impact on our community's prosperity and resilience.

When you buy local, you are not just purchasing a product; you are investing in your community. Local businesses are the backbone of our economy, providing jobs and supporting local families. Every dollar spent at a local business is reinvested into the community, helping to create a vibrant and sustainable local economy.

Buying Canadian also means supporting our national economy. Canadian businesses produce high-quality goods and services that meet rigorous standards. By choosing Canadian products, you are supporting our industries and helping to create jobs across the country. This not only strengthens our economy but also ensures that we are less dependent on foreign goods.

Moreover, buying local and Canadian products is an environmentally friendly choice. Local products often require less transportation, reducing carbon emissions and contributing to a healthier planet. By supporting local farmers and producers, we also promote sustainable agricultural practices that benefit our environment.

I encourage everyone to make a conscious effort to buy Canadian and support local businesses. Whether it's shopping at a local farmers' market, choosing Canadian-made products at the store, or dining at a locally owned restaurant, every small action counts.

The best way to shop Canadian is to look for the 'Made in Canada' or 'Product of Canada' label. You could also take the opportunity to ask the shop employees which products are produced in Canada or sourced locally.

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.

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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.



Instagram: @lacoccelleeyc
 Facebook: @lacoccellepreschool

Located near Brentwood Village Mall

French Immersion Preschool

Morning & Afternoon Classes for Children Ages 3-5
 No previous French experience required

REGISTER TODAY!

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www.la-coccinelle.ca

registrar@la-coccinelle.ca

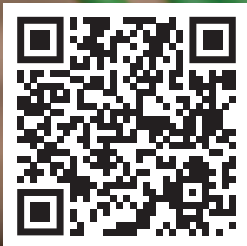


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