

FEBRUARY 2026

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your BANFF TRAIL howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



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SCAN ME

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



Banff Trail Community Association

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

DIRECTORS		
President	Nathan Chandler	president@banfftrailcommunity.ca
Vice President	Greg Boorman	vp@banfftrailcommunity.ca
Secretary	Vacant	secretary@banfftrailcommunity.ca
Treasurer	Kathy Quinn-Bayrack	treasurer@banfftrailcommunity.ca
Events	Vacant	events@banfftrailcommunity.ca
Planning and Development	Vacant	development@banfftrailcommunity.ca
Communications	Vacant	communications@banfftrailcommunity.ca
Membership	Kristen Street	membership@banfftrailcommunity.ca
Garden Group	Natasha Freedman	garden@banfftrailcommunity.ca
Facilities Chair	Pat Oscienny	
Director at Large	John Bannerman	
Director at Large	Alex Lush	
Director at Large	Mark Davis	
Director at Large	Zorina Dalchand	
STAFF		
Hall Manager	Abi Harker	hallmanager@banfftrailcommunity.ca
Bookkeeper	Theresa Ouellette	
YOUR REPRESENTATIVES IN BANFF TRAIL		
City Councillor	Myke Atkinson	Ward7@Calgary.ca
MLA	Luanne Metz (Calgary-Varsity)	Calgary.Varsity@assembly.ab.ca; 403-216-5456
MP	Corey Hogan (Calgary Confederation)	Corey.Hogan@parl.gc.ca; 403-410-2121

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 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](https://www.facebook.com/BanffTrailCommunity.ca)

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

X (Twitter): [@BanffTrailYYC](https://twitter.com/BanffTrailYYC)

BTCA invites you to

Community Board Game Night



**FRIDAY
FEBRUARY
13TH
7-9 PM**

2115 20 Ave NW

**ALL AGES ARE
WELCOME!**

Join us for a night full
of fun, laughter, and
friendly competition!
Bring your favourite
game or play one of the
30+ games available.

**FREE
ENTRY!**

Banff Trail Community Association

BOARD MEETING

First Wednesday of every month
From 7:00 to 9:00 pm

Executive@banfftrailcommunity.ca

Have questions about hall rentals or availability?

Contact our Facility Manager at 403-282-2234
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!

BTCA Memberships

Memberships in the Banff Trail Community Association are free for the year! Registration is still required.

If you would like to become a member and find out about upcoming events and ongoing activities, please fill out the web form at banfftrailcommunity.ca/membership.



HAVE YOUR PHOTOS FEATURED IN THE
ENEWSLETTER

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.

A graphic featuring a laptop screen in the center. The screen displays a photo of a child with face paint sitting at a table with craft supplies. To the left of the laptop, the text "DON'T MISS A THING!" is written in large, bold, green, outlined letters. Below the laptop, a smaller text box says "Did you know BTCA has a monthly E-Newsletter? Sign up now and stay in the loop!" with a "Email Address" input field. The background is blue with white clouds and sparkles.

A graphic with a black background and white text. In the top right corner, there is a box with a checkmark icon and the word "CHECKLIST". Below it, a section titled "9 PM ROUTINE" is listed under "CALGARY POLICE SERVICE". To the right of the "9 PM ROUTINE" section is a vertical list of items to check off.

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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!

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Freedom starts with a Reverse Mortgage

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Call today to enjoy comfort, independence, and peace of mind.



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TIME TO RENEW YOUR BTCA
MEMBERSHIP
FOR

2026

*Banff Trail Community
Association*

DID YOU KNOW?

- MEMBERSHIPS EXPIRE EVERY MARCH
- YOUR MEMBERSHIP MUST BE RENEWED
MIN 30 DAYS TO VOTE AT THE AGM
- TO RENEW EMAIL:
MEMBERSHIP@BANFFTRAILCOMMUNITY.CA

Staying in Relationships Thinking the Other Person Will Change, Now What?

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

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now" or... "I don't have to solve this today."

6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

10. Use curiosity over judgment.

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

Banff Trail Community Garden

Reflecting On 2025 and Looking Ahead to an Exciting 2026 Season

A Successful 2025 Season Comes to a Close

The Banff Trail Community Garden (BTCG) is now officially wrapped up for the 2025 season. Generous July rainfall and the warm August sun helped create ideal growing conditions this year. Of course, the garden's success is also thanks to the dedication and hard work of the many volunteers who make this community space flourish.

As we look ahead, the BTCG team is already excited for the upcoming 2026 season—anticipating time spent gardening with friends, enjoying the space, and continuing to contribute to the beautification of the Banff Trail community. Over the years, the garden has become a beloved backdrop for both private and public events, offering a natural and welcoming gathering place where friends and families can grow, learn, and share.

Honouring Our Founders



The Banff Trail Community Garden has deep roots in community spirit. In 2010, Dale and Mary Jean Jacobson brought together a passionate group of residents to build the garden. In their original application to the city, they wrote:

"The Banff Trail Community Garden is designed to provide residents with opportunities for communal sharing, engagement in achieving interactions,

strengthening neighbourly ties, and community building."

The garden has truly fulfilled this vision—and so much more.

2026 Commemorative Event

This coming spring, the Banff Trail Community Garden group will host a special event to commemorate its founders. Volunteers Mike Legge, Russ Neufeldt, and Alfred Wright have constructed a beautiful arbour that will soon be complemented by a plaque honouring the profound impact Dale and Mary Jean Jacobson have had on our community.

All community members will be invited to attend the unveiling ceremony.

A Living Legacy

The newly dedicated Dale and Mary Jean Jacobson Commemorative Garden represents the very best of what a community can be. Their vision and passion inspired a generation of gardeners and volunteers who proudly carry forward their legacy—hoping to inspire generations yet to come.

Taking You Back to 2010...

GARDEN COMMITTEE MEETING

Monday June 28, 2010

Agenda

1. Nominations for responsibilities:

Co-ordinator *Dale*
Garden maintenance - *Mike, Lynn, Don, Natasha*
Communication of events with Howler and web site *(from phone)* *Andrea*
Sponsorship and Funding *Dale*
Other?

2. Water availability, discussion about water reservoirs *directly from Dale Legge*

Aug 25
+ Sept 3
+ Sept 10
+ Sept 17
+ Sept 24
+ Oct 1
+ Oct 8
+ Oct 15
+ Oct 22
+ Oct 29
+ Nov 5
+ Nov 12
+ Nov 19
+ Nov 26
+ Dec 3
+ Dec 10
+ Dec 17
+ Dec 24
+ Dec 31

3. Garden Guardians, weekly watering of flower beds, volunteer for a week at a time. *Not - Fri*

4. How best to keep dandelion down? *not now - maintainance*

5. Garden tools, individual or group tools? *with list*

6. *2010 - 2011* + *2012*

7. *2012 - 2013* *2013 - 2014* *2014 - 2015* *2015 - 2016* *2016 - 2017* *2017 - 2018* *2018 - 2019* *2019 - 2020* *2020 - 2021* *2021 - 2022* *2022 - 2023* *2023 - 2024* *2024 - 2025* *2025 - 2026* *2026 - 2027* *2027 - 2028* *2028 - 2029* *2029 - 2030* *2030 - 2031* *2031 - 2032* *2032 - 2033* *2033 - 2034* *2034 - 2035* *2035 - 2036* *2036 - 2037* *2037 - 2038* *2038 - 2039* *2039 - 2040* *2040 - 2041* *2041 - 2042* *2042 - 2043* *2043 - 2044* *2044 - 2045* *2045 - 2046* *2046 - 2047* *2047 - 2048* *2048 - 2049* *2049 - 2050* *2050 - 2051* *2051 - 2052* *2052 - 2053* *2053 - 2054* *2054 - 2055* *2055 - 2056* *2056 - 2057* *2057 - 2058* *2058 - 2059* *2059 - 2060* *2060 - 2061* *2061 - 2062* *2062 - 2063* *2063 - 2064* *2064 - 2065* *2065 - 2066* *2066 - 2067* *2067 - 2068* *2068 - 2069* *2069 - 2070* *2070 - 2071* *2071 - 2072* *2072 - 2073* *2073 - 2074* *2074 - 2075* *2075 - 2076* *2076 - 2077* *2077 - 2078* *2078 - 2079* *2079 - 2080* *2080 - 2081* *2081 - 2082* *2082 - 2083* *2083 - 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Banff Trail Community Garden Key

Note: This key describes the kinds of spaces, allotments, special landscape features, artistic elements and structures as expressed as desirable in surveys of Community members.

Key:

BP	Berry Patch
CGA	Community Garden Area
EP	Experimental Plot
CMA	Common Meeting Area (Pergola Structure)
ESP	Espalier (Pruned fruit trees grown on walls)
FE	Floral Elements
F Per.	Floral/Perennial Accents
GH	Future Green House
IR	Irrigation
KG	Keystone (Stand alone garden elements)
SE	Sculptural/Artistic Elements
PA	Potting Area/ Ground level deck
T	Tool shed
VE	Vertical elements (Trellis supports for vines, gourds, tomatoes)
Blank	Variety of vegetable allotments

This list is by no means definitive and may be modified as necessary to optimize space. As well, as individual plots, the plan envisages:

- 1) Communal holdings
- 2) Family holdings
- 3) Children's garden
- 4) A Community orchard

Size of Garden without Orchard approximately: 5000 sq. ft.

A series of original documentation displays the first Garden Committee Meeting minutes taken June 28, 2010. Notice that Thursday, July 6 was the day we broke ground, laying out the first of the raised garden beds.

The original Garden Layout and Key. The physical design was modified to optimize space, but the way Dale and Mary Jean envisaged the garden remains unchanged.



The garden today

A welcoming green space where neighbours can grow and harvest their own vegetables, pause to listen to the birds and bees, and enjoy vibrant, seasonal flowers. The Banff Trail Community Garden is a place to slow down, connect with nature, and gather with friends, family, and neighbours — a shared space for learning, growing, and belonging, open to all.

If you are interested in learning more about the garden contact garden@banfftrailcommunity.ca.





OPEN BTCA BOARD POSITIONS

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

JOIN US!



PLEASE EMAIL:

president@banfftrailcommunity.ca

communications@banfftrailcommunity.ca

BANFF TRAIL COMMUNITY ASSOCIATION

DID YOU KNOW THE BANFF TRAIL COMMUNITY RINK IS MAINTAINED BY VOLUNTEERS?

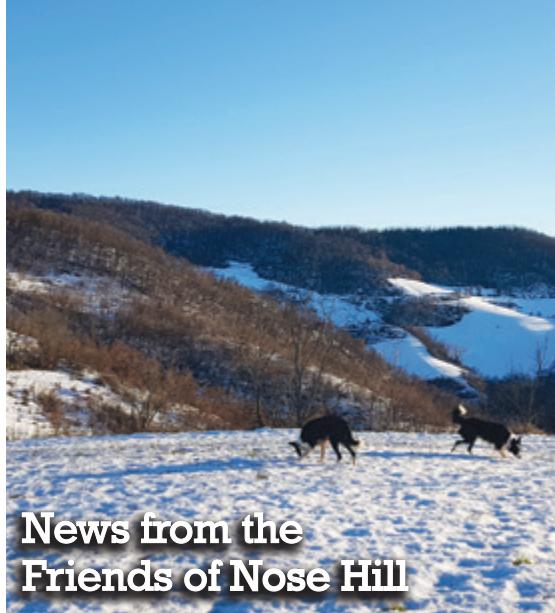
BTCA WOULD LIKE TO THANK OUR
VOLUNTEERS FOR KEEPING OUR ICE IN TIP
TOP SHAPE FOR EVERYONE TO ENJOY

MORE VOLUNTEERS ARE NEEDED TO HELP
WITH CLEARING OFF SNOW AT THE RINK AND
FLOODING

VOLUNTEER COMMITMENTS ARE APPROX 2-3
HOURS A WEEK

WANT TO VOLUNTEER?
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BANFF TRAIL
COMMUNITY ASSOCIATION



News from the Friends of Nose Hill

by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

*Casino Volunteers
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April is Come Try Ringette month, and there will be many sessions in Calgary.

SKIING SISTERS

At the Sochi Winter Olympics on February 8, 2014, Canadian sisters Justine and Chloé Dufour-Lapointe claimed gold and silver medals in the women's moguls freestyle skiing event. They stood together on the podium, marking the first time Canadian sisters had shared an Olympic podium at a Winter Games. What a special sister bond!



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