

JANUARY 2026

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## Cats, Canines, & Critters of Calgary



Betty White, Cranston



Dazi,  
North Glenmore Park



Jack, Seton



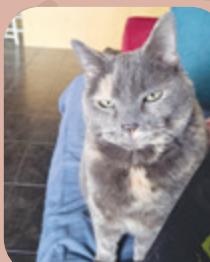
Leo, Nolan Hill



Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

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



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

# 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)



## Banff Trail Community Association

# BOARD MEETING

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

[Executive@banfftrailcommunity.ca](mailto:Executive@banfftrailcommunity.ca)

## Have questions about hall rentals or availability?

Contact our Facility Manager at 403-282-2234  
[hallmanager@banfftrailcommunity.ca](mailto:hallmanager@banfftrailcommunity.ca)

Office hours are Tuesdays and Thursdays,  
9:00 am to 5:00 pm

## 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!**

## 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](http://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 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 bulleted checklist.

- 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](mailto:communications@banfftrailcommunity.ca) to learn more.

Thanks, from all of us at BTCA!



## News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.



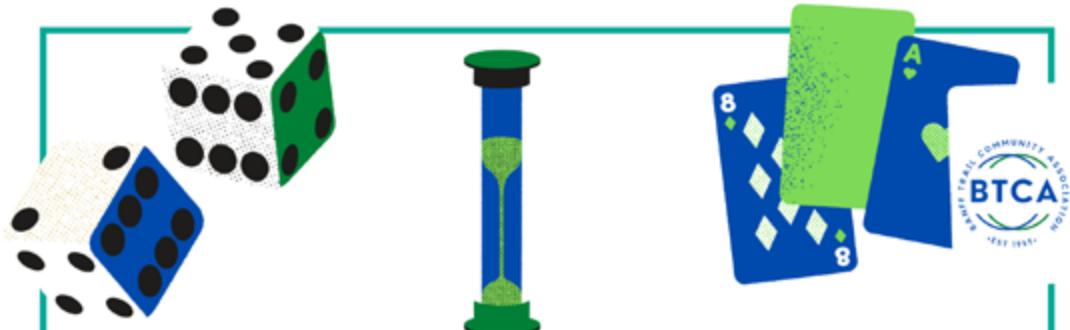
TIME TO RENEW YOUR BTCA  
MEMBERSHIP  
FOR

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**



# *Community Board Game Night*

**Friday, January 16**

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

**2115 20 AVE NW**

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



# Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



## Emotional Strategies (Inner Work and Regulation)

### 1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

### 2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

### 3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

### 4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

## 5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

### 6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

## 7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

## Situational Strategies (Practical Boundaries and Care Structures)

### 1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t



## 4-H INTRO CLUB

# Grow Something New This Winter With 4-H Intro Clubs



Have you heard of 4-H? Many know 4-H for its long history in rural and agricultural communities, but today 4-H is thriving in cities, including right here in Northwest Calgary. Alongside our traditional, year-long 4-H clubs, we also offer a short-term program designed for families who want to explore 4-H before making a longer commitment.

4-H Intro Clubs are a six-week program for youth ages 9 to 15 that provides a hands-on introduction to the 4-H experience. These are not traditional clubs. During intro clubs, youth attend once a week for two hours, learn all about running meetings and try a different hands-on activity each session, giving them a fun and friendly way to explore what 4-H has to offer.



One popular winter activity is the Potato Pet Hair Garden, where youth learn about seeds, plant growth, and patience in a silly and hands-on way. Using a potato, paper towel, water, and chia or alfalfa seeds, participants create a "potato pet" with sprouting hair, then track growth over the week. Along the way, they practice observation skills, explore plant life cycles, and get a taste of science in action, all indoors during the cold winter months.

### Try It at Home: Create your own Potato Pet Hair Garden:

- Wrap a potato in a damp paper towel or cotton strip.
- Draw a face and add googly eyes.
- Place it on a jar of water so the bottom touches the water.
- Spread chia or alfalfa seeds on top, like hair.
- Mist daily and watch the sprouts grow in four to seven days!

Learn more about intro clubs starting in January by visiting [4hab.com/member](http://4hab.com/member).

Send us your potato head photos or ask us a question at [introclubs@4hab.com](mailto:introclubs@4hab.com).

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

### 2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

### 3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

### 4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

### 5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

### 6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

### 7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

### 8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

### 9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

### 10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."



# OPEN BTCA BOARD POSITIONS

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

**JOIN US!**



**PLEASE EMAIL:**

[president@banfftrailcommunity.ca](mailto:president@banfftrailcommunity.ca)

[communications@banfftrailcommunity.ca](mailto:communications@banfftrailcommunity.ca)

BANFF TRAIL COMMUNITY ASSOCIATION

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

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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?  
CALL OR TEXT OUR RINK COORDINATOR:  
403-651-1019

**BANFF TRAIL**  
COMMUNITY ASSOCIATION



TIME TO ORDER YOUR

# GOOD FOOD BOX



ORDER BY

Jan 5

PICK-UP

Jan 14

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**BANFF TRAIL MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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](http://www.communitymediation.ca), 403-269-2707.

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## Giants Snowflake

On a cold winter's day in Fort Keogh, Montana, on January 28, 1887, a snowstorm created something truly magical and massive. Witnesses reported the world's largest snowflake at a whopping 38 cm wide and 20 cm thick! Snow kidding!



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