

JULY 2026

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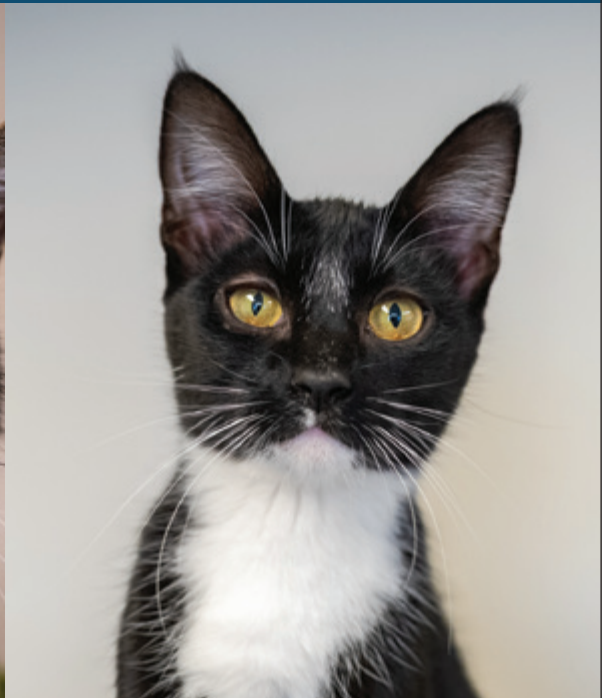


MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

Your donation helps fund our essential community programs, supporting both cats and the people who love them.

Together, we can give cats the second chance they deserve.

Donate



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
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Events	Events Committee	events@banfftrailcommunity.ca
Planning and Development	Vacant	development@banfftrailcommunity.ca
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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.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

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

OPEN BTCA BOARD POSITIONS

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

JOIN US!

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

JOIN OR RENEW YOUR BANFF TRAIL COMMUNITY ASSOCIATION MEMBERSHIP

2026

Did you know?

- Memberships expire every March
- Your membership must be renewed minimum 30 days to vote at the AGM
- To renew email: membership@banfftrailcommunity.ca

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

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
or 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
E-NEWSLETTER

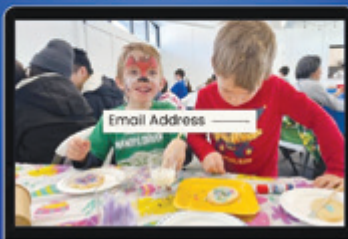
CALLING ALL PHOTOGRAPHERS

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.



DON'T MISS A THING!

Did you know BTCA has a monthly
E-Newsletter? Sign up now and stay in the loop!



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!

PAPERBACK

On July 30, 1935, Penguin Books introduced the first paperback. They published ten titles, with the intention of making these books affordable for the general public. 90 years later, and paperbacks are still widely preferred.



SCAN HERE TO VIEW ADDITIONAL BANFF TRAIL CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

★★★ BTCA PRESENTS ★★★

STAMPEDE BBQ

THURSDAY,
JULY 2, 2026

★ 5-9 PM ★

PULLED PORK + SIDES + DRINK

\$7.00

(300 PLATES AVAILABLE)

HOT DOGS, DRINK + ICE CREAM

\$5.00

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KIDS CRAFTS • OUTDOOR GAMES**

*Bring your lawn chair
or lawn blanket!*

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WATCH OUR SOCIAL MEDIA FOR MORE INFORMATION!



★ **2115 20 AVE NW, CALGARY** ★

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New Player Dates

- July 19
- August 23
- August 30

Its Wheelie fun

Regular Weekly Games:

Every Wednesday 7-10 pm



9 PM
ROUTINE

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POLICE
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☒ 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

Fireworks

Out enjoying fireworks on Canada Day? Did you know that fireworks originated in China over 2,000 years ago? Ancient firecrackers came to be when bamboo stalks exploded after being thrown into firepits.





Class 3 - Yoga



BTCA presents

FREE Community Movement Classes

Start your day off right with BTCA Garden Yoga! Surrounded by fresh air, sunshine, and the beauty of the community garden, this outdoor morning class combines gentle movement, mindful breathing, and yoga poses to improve flexibility, mobility, and balance while helping you feel centered and refreshed.

Saturday August 8th
8-9 AM

Registration Open
Bring your own mat

Lead by:
Victoria Street

Register using the link in our bio!



BTCA invites you to



Community Board Game Night

**FRIDAY
JULY
17TH & 31ST
7-10 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!**

Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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



Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.



News from the Friends of Nose Hill

by Anne Burke

The 1992 Master Plan Review recommended a Natural Area Management Plan for Nose Hill after a land use study. The job was to document compatible recreational opportunities because of native grasslands with some deciduous shrubs and trees. The Nose Hill Park Trail and Pathway Improvement Plan relied on the earlier research and did further consultation, before concluding that activities in the multi-use zone (top of the Hill) should be separated from all Park native vegetation. Over 86% was Western wheatgrass, Rough fescue - Parry oatgrass, Smooth brome, and Rough fescue-Golden bean. There was strong support to extend the multi-use zone towards the Edgemont entrance but increase habitat protection along the south side of Porcupine Valley. The earlier study assessed the sensitivity of vegetation from recreational trampling (foot traffic). Rough fescue-Golden bean has the greatest distribution in the Park and contributes almost 75% of the moderate to high at-risk areas. Most of the grassland is along the sloped areas of the Park's escarpment. Rough fescue grasslands are significant since they are in great abundance on Nose Hill (up to 35%) but have been lost in much of western Canada. Native Rough fescue grassland along the escarpment is prone to erosion due to more trails and off-trail uses, so having rules will help minimize impact and disturbance to reduce the invasion of non-native species (weeds). Due to its rarity, Nose Hill Park's Rough fescue is a nationally significant ecosite and preservation of the grassland is a great management concern. It is also important to consider that while the native grasslands have higher sensitivity to trampling, heavy recreational use and other disturbances also support the invasion of non-native species (weeds), for which natural recovery times could take several decades.

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that make our neighbourhood
thrive, and make this
publication possible.

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SCAN ME

GAMES & PUZZLES

Yahoo!

1. The first organized rodeo in Canada took place in this town, south of Lethbridge, on Canada Day in 1902.
2. The Calgary Stampede was originally funded by the "Big Four," including this owner of the historic Bar U Ranch.
3. Old Billy, an English Barge Horse, holds the equestrian longevity record, and reached this advanced age before passing in 1822.
4. This organization, founded in 1963, strives to "make a winner out of every cowboy."
5. In 2012, to celebrate the 100th anniversary of the Calgary Stampede, a 500-dollar gold coin was minted featuring this legendary bucking bronco.
6. Cowboy Trail, nestled between the Rockies and the prairies, follows along this numbered highway.

SCAN THE
QR CODE
FOR THE
ANSWERS!



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥



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