

NOVEMBER 2026

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Banff Trail Community Association

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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	Events Committee	events@banfftrailcommunity.ca
Planning and Development	Vacant	development@banfftrailcommunity.ca
Communications	Kristen Street	communications@banfftrailcommunity.ca
Membership	Vacant	membership@banfftrailcommunity.ca
Garden Group	Natasha Freedman	garden@banfftrailcommunity.ca
Facilities Chair	Pat Oscienny	
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

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.

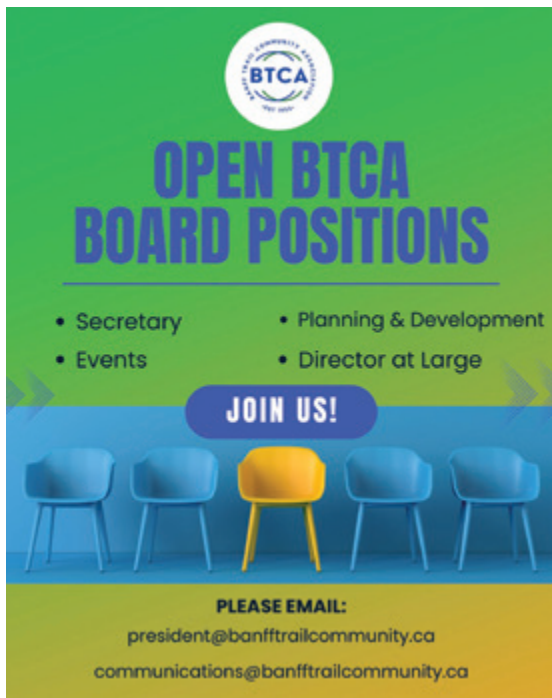
Ways to Get Involved

- **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!



The poster features a green background with a white BTCA logo at the top. The title "OPEN BTCA BOARD POSITIONS" is in large, bold, blue letters. Below the title, a list of positions is shown in two columns: Secretary, Events, Planning & Development, and Director at Large. A central blue button with white text says "JOIN US!". Below this, five blue chairs are arranged in a row, with the third chair from the left being yellow. At the bottom, a yellow box contains the text "PLEASE EMAIL:" followed by two email addresses: president@banfftrailcommunity.ca and communications@banfftrailcommunity.ca.

BTCA

OPEN BTCA BOARD POSITIONS

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

JOIN US!

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



The poster has a grey background with a green and blue border. The title "JOIN OR RENEW YOUR BANFF TRAIL COMMUNITY ASSOCIATION MEMBERSHIP" is in green and blue. Below the title, a green button with white text says "2026". To the right of the button is an illustration of a garden with a red barn. Below the illustration, a blue box contains the text "Did you know?" followed by two bullet points: "Memberships expire every March" and "Your membership must be renewed minimum 30 days to vote at the AGM". Below this, another blue box contains the text "To renew email:" followed by the email address membership@banfftrailcommunity.ca. At the bottom, there is an illustration of a group of diverse people holding hands. The BTCA logo is in the bottom right corner.

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

BANFF TRAIL COMMUNITY ASSOCIATION

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.



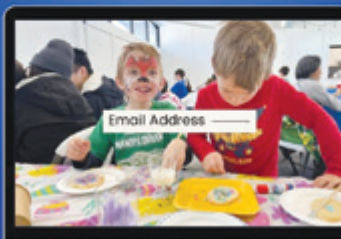
HAVE YOUR PHOTOS FEATURED IN THE
E-NEWSLETTER

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!



FREE ALL AGES!

BANFF TRAIL

COMMUNITY GAME NIGHT! ↗

FRIDAY NOVEMBER 13TH

📍 12115 20 Ave NW, Calgary, AB T2M 1J1

🕒 7:00 - 10:00 pm



BOARD GAMES!



SNACKS!



PING PONG!



NOTE:

Community Game Night is usually on the second Friday of the month. Check the Community calendar at www.banfftrailcommunity.ca



FREE Monthly Meetups!

Where: Banff Trail
Community Association

When: Nov–Apr 2027,
second Thursdays,
6:30–8:30pm



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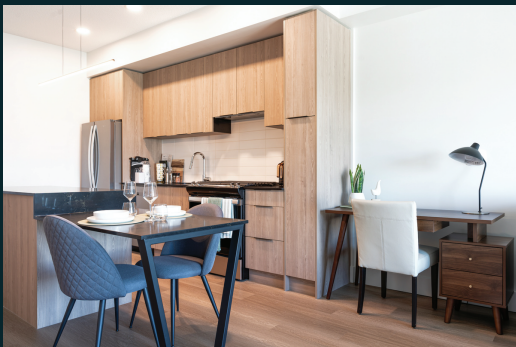
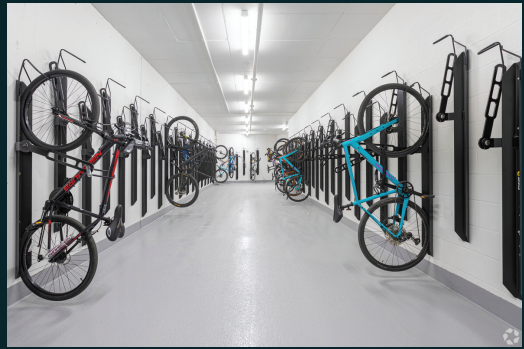


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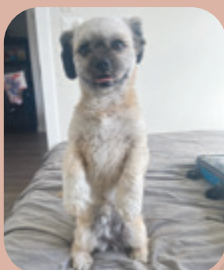
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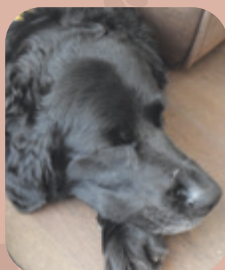


Cats, Canines, & Critters of Calgary





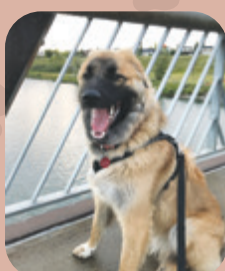
Bean, Seton



Coco, New Brighton



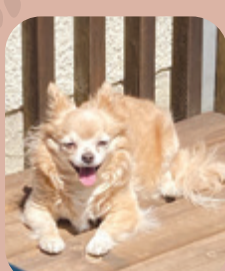
Ember, Seton



Kato, McKenzie Lake



Max, Signal Hill



Teasha, Huntington Hills



Whiskers, Oakridge



Zeke, Seton

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November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.
7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.
8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.
10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.
11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.
12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in 1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.
2. Remembrance Day is celebrated in Canada on what day of November?
3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found in many parts of Alberta, including Calgary parking lots.
4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.
5. Toni ____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *The Sixth Sense*, *Little Miss Sunshine*, and *Knives Out*.
9. These small brown nuts come from oak trees and have a distinct cup shape.



You're Invited to
BTCA Annual

Save The Date

CHRISTMAS *Event*

5 December | 10:00 am - 1:30

2115 20 Ave NW

More information to come!



Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

“We can have a hard moment and find our way back to one another.”

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.

Protect Your Household Water Line and Meter from Freezing



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, configuration of water pipes, and history of freezing. Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, taking some of the steps below could have prevented household pipes from freezing.

Ways to Avoid Freezing Include:

- Keeping your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could

use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

Write It Forward 

Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



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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.

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A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



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& More



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