

OCTOBER 2026

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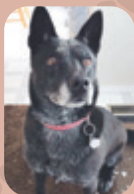
Valid Monday - Thursday October 1st - 31st, 2026

Valid at Market Mall Tommy Gun's Only

587-231-0335 (Cannot be combined with other offers)



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

Calgary



Proposed Updates to Your Local Area Plan

City Council directed City Administration to update six of the approved local area plans (LAPs) to limit where rowhouses and townhouses can be developed

The proposed updates would apply the same location-based Limited Scale Policies in the Westbrook Communities and Heritage Communities LAPs to the rest of the approved LAPs.

What are the proposed changes?

The proposed updates would limit where rowhouses and townhouses are supported to parcels that have a rear lane and meet one of the following location criteria:

- within a transit station area,
- along or adjacent to an identified main street,
- on a corner parcel,
- or adjacent to a school, park or open space.



Scan here for more
information and to join an
information session!



26-0055013: CRV-46673

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	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 text 'OPEN BTCA BOARD POSITIONS' is prominently displayed in large, bold, blue letters. Below this, 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!'. At the bottom, a yellow bar contains the text 'PLEASE EMAIL:' followed by two email addresses: president@banfftrailcommunity.ca and communications@banfftrailcommunity.ca. The background also features a row of five chairs, with the middle one being yellow and the others blue.

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 header. The text 'JOIN OR RENEW YOUR BANFF TRAIL COMMUNITY ASSOCIATION MEMBERSHIP' is in large, bold, green and blue letters. Below this, a green oval contains the year '2026'. To the right 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'. At the bottom, a blue bar contains the text 'To renew email:' followed by the email address membership@banfftrailcommunity.ca. The bottom of the poster features an illustration of a diverse group of 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!



Thankfulness in the Everyday

by Rebecca Pink



October invites us to think about gratitude and all the things that we are grateful for. It can be meaningful to pause and reflect on the moments that stay with us, and become a part of us. So often, they aren't the big, planned out moments, or the stuff you have accumulated over time. Have you ever noticed that some of the moments you're most grateful for, are often the simplest, most spontaneous, or most genuine ones?

Sometimes, what stays with us is the feeling of an experience more than the experience itself. The laughter, the unexpected conversation, a great meal together, and in my house, the beautiful messiness of everyday life. These are the memories that stay with us, not because they were perfect, but because they were lived. They become the treasures that never gather dust, quietly weaving themselves into our stories.

The challenge is that when we're busy, overwhelmed, or anxious, our attention can so easily move toward what's next. We anticipate, plan, problem-solve, and manage, sometimes leaving less room to notice what is happening right in front of us. We can spend so much time anticipating

the future, or reliving the past, that we can miss what is happening right in front of us. There is nothing unusual about this; our minds are simply trying to keep up with the demands of life.

Being present doesn't always come naturally; it takes intention. Sometimes it is as simple as putting down the phone, taking a deep breath, looking around, and allowing ourselves to actually take in what is happening. This may be part of the experience of thankfulness, too. Not simply identifying what we appreciate but being present enough to experience it.

As thanksgiving approaches, maybe we don't need to search for something extraordinary to be grateful for. Maybe we simply need to slow down enough to notice what is already here.

An ordinary moment can become a lasting memory, one that still makes you smile years later and brings you back to the people and the experiences that matter most. Looking back, those are often the moments I feel most thankful for. Happy Thanksgiving and Happy Spooky Season!

Ballet Season

In 1841, Paris, France premiered Giselle, for the first time. The Romance Era ballet featured a young peasant girl falling in love with noble man in disguise. This delightfully entertaining ballet became increasingly popular for its spooky themes and ghostly motifs.



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**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 ♥



BTCA invites you to



Community Board Game Night

**FRIDAY
OCTOBER
16TH
7-10 PM**

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

2115 20 Ave NW

**ALL AGES ARE
WELCOME!**

**FREE
ENTRY!**



FREE Monthly Meetups!

Where: Banff Trail
Community Association

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



COMPOST COMMONS AT BTCA

HOSTED BY KARUNA COMPOST



- Backyard composting & worm bin support
 - Compost kits
 - Microscopy & soil life exploration
 - Informational displays & short talks
 - Community knowledge sharing!
- 



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(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

Word of the Month



Deipnosophist: Noun (dighp-noss-uh-fist)

A person skilled in table talk.

"I host a monthly dinner for my friends; they are quite the deipnosophists".

Beyond the Impression: Van Gogh and Post-Impressionism

by Kristina Quapp

Van Gogh is an artist that needs no introduction, but the style of his work is a different story. Vincent's style is commonly mislabelled as impressionist, where the more accurate classification would be post-impressionist. Impressionism is a 19th-century art movement that featured a strong focus on lighting, thick brush strokes, unblended colours, and everyday modern subjects painted outdoors (*en plein air*). As most art movements do, impressionism built upon the foundations of the realist movement which took place about 20 to 30 years prior. Realist painters preferred working *en plein air* as it allowed them to capture natural light and unvarnished everyday life, while pushing back on traditional academy standards that forced what some considered artificial compositions. While both art styles feature an emphasis on lighting and capturing the environment, impressionists did not focus as heavily on the realistic details.



Though Van Gogh's work certainly captures elements of impressionism such as thick brush strokes and vivid colours, his work often pushed the boundaries of impressionism. For example, Claude Monet, the founder of the impressionist movement, features large brush strokes, but the lighting

remains grounded. As can be seen in Monet's 1875 oil painting, *Woman with a Parasol*, the piece is heavily stylized. Brush strokes are visible and the hues are vibrant, but the edge light and shadow in front of the woman tells the viewer that Monet focused on



realism when capturing the atmosphere. In contrast, Vincent's *The Starry Night*—while it maintains *impasto* as Monet did—exhibits

even more vibrant colour contrast and his sentiment at the time, represented in weighty brush strokes. It's often conferred that *The Starry Night* is symbolic of Van Gogh's inner turmoil, given the swirling and turbulent skies, thick *impasto* brush strokes, and the large looming cypress tree outlined in red.

Vincent's *The Garden of Saint Paul's Hospital*, often referred to as *Leaf-Fall*, features inspired aspects from traditional Japanese woodblock prints. Van Gogh implements an elevated perspective and tree trunks that are abruptly cut off by the lower and upper edges of the canvas, eliminating the horizon line. These artistic choices create a compressed sense of space similar to the arrangements found in Japanese print designs.



Like the changing landscape around him, Van Gogh's work had moved beyond simply capturing a fleeting impression of the world. His colours became bolder, his brushwork more expressive, and his paintings increasingly shaped by emotion and personal interpretation. This October, as the leaves begin to fall, perhaps take a moment to look at the world around you—not only as it appears, but through the impression it leaves on you.

Divorce—Business Income is Personal Income

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse is the owner/operator of a business. In these families, the line between business income and personal income is often blurred. Many business owners (intentionally or not) often use their company credit cards and corporate money to pay for personal family and home expenses. As a result of this, the personal tax returns of a business owner often do not reflect their true personal income.

In the above scenario, the personal tax return of a business owner might show a very low amount of personal income, while their business tax return can show a very high amount of corporate earnings. It is also common to see personal expenses counted as “business expenses” on business tax returns. This is sometimes done intentionally so that CRA will think the business earns less and thus would be taxed less than it otherwise should be.

The mixing of personal/business income and expenses can cause significant problems in divorce cases. The amount a spouse must pay for child support and spousal support is often based on his or her reported personal income. A spouse who owns a business sometimes uses a false lower income amount on a personal tax return to argue they should pay a lower amount of support. Unfortunately, in many cases, the actual personal earnings power of the spouse is hidden within the business income.

Judges and divorce lawyers are keenly aware of situations where business owners try to muddle their personal and business income. Fortunately, the law can protect vulnerable spouses and children in these cases. If a judge believes that a spouse is hiding income within a company, the business income can be used as the correct amount for determining support

payments. Similarly, the law gives judges power to examine business expenses to ensure these are not actually personal expenses. In an Alberta divorce case, if a spouse is self-employed, he or she must demonstrate their business expenses are reasonable and that they are truly business expenses. If a self-employed spouse cannot show their business expenses are reasonable, a judge can add these expenses back into the spouse's income amount. In these situations, the higher income level, after adding back in the unreasonable expenses, is used to determine that spouse's support obligations.

It is also important to remember that many business-owning spouses are not intentionally hiding their income. The mixing of personal and business income can result from someone not understanding tax laws. Sometimes, a business owner is just too busy and is not paying enough attention to their personal/business spending patterns. However, whether intentional or not, divorce law is clear: business income and business expenses can both be used to determine the true personal earning power of a spouse.

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SCAN ME

Keeping Bus Zones Clear Near Schools

by The City of Calgary



School and transit buses rely on clear bus zones to safely load and unload passengers. When vehicles stop or park in bus zones, buses may be forced to stop in traffic, putting children and passengers at risk. Bus zones are designated safety areas that must remain clear at all times. Respecting these zones helps protect children, supports accessible transit, and keeps traffic moving predictably. Parking legally and avoiding bus zones—even for short stops—helps create safer school environments for everyone. Learn more: calgariyparking.com/safeschools.

The School Patrol Program helps improve safety in school zones by focusing on education first.

School zones are designed to protect children. Parking rules help:

- Keep crosswalks and corners visible.
- Reduce congestion and sudden stops.
- Support safer crossings for kids and families.

Parking safety and compliance officers attend schools during busy dropoff and pickup times to:

- Remind drivers about safe and legal parking.
- Explain why certain rules exist.
- Answer questions from parents, caregivers, and school communities.

With over 150 elementary schools across the city, patrols can't be everywhere every day. Unsafe parking, like blocking crosswalks, doubleparking or stopping in noparking zones makes it harder for drivers to see children and for children to see cars.

Planning and Development Services are Gathering Community Feedback

by The City of Calgary



The City of Calgary is conducting a Planning and Development Public Service Satisfaction Survey to better understand the experience of Community Associations and how information from the City related to local planning and development is used. Feedback will be reviewed to improve City service offerings. Comments and suggestions aim to help improve:

- The clarity and accessibility of planning information available to the public.
- The types of information related to planning and development provided by the City.
- How we communicate opportunities for public participation.
- Overall experience of interacting with our services.

Complete the survey at calgary.questionpro.ca/CalgaryPlanningSurvey until December 31. The survey is available online only and can be completed anytime. It will take approximately 5 to 20 minutes to complete depending on your responses, and your participation is entirely voluntary. Answers and comments will remain confidential, and you will not be personally identified. For more information about our survey and to register for the Partners in Planning (PIP) free certificate program that helps you understand how planning and development works in your community, go to calgary.ca/planning/planning-liaison-program.

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