

DECEMBER 2016

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THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



**ANNUAL CHRISTMAS
SING-ALONG**
SATURDAY, DECEMBER 17
1:00 - 4:00 PM

www.banfftrailcommunity.ca

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HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



Banff Trail Community Association

2115 - 20 Avenue NW

Calgary, AB, T2M 1J1

Phone: 403.282.2234

contact@banfftrailcommunity.ca

www.banfftrailcommunity.ca

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HOW CAN YOU HELP?



JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more.



HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



VOLUNTEER

We couldn't do what we do without the support of our volunteers.



BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at diabetes.ca/donate.



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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING BANFF TRAIL FOR 8 YEARS!



Banff Trail Community Association

BOARD MEETINGS

are on the first Wednesday of every month from 7:00pm-9:00 pm

Next meeting is December 7, 7-9pm

See you there!

MEMBERSHIPS

Community memberships are available at \$10 for single, \$15 for family and household, and \$25 for businesses Membership year is March 1 to February 28
Pay by PayPal online at www.banfftrailcommunity.ca

Newsletter Submissions
January Issue
Deadline

December
7th



howlareditor@banfftrailcommunity.ca

STAY CONNECTED WITH BANFF TRAIL:

Check out our Website:
www.banfftrailcommunity.ca

Like us on Facebook: www.facebook.com/BanffTrailCommunity

Follow us on Twitter:
twitter.com/BanffTrailYYC

Banff Trail Community Association

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

OFFICERS

President	Barry Clement	president@banfftrailcommunity.ca
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Programs & Special Events	Wanda Rose	
	Beatrice Kozlowski	
Hall Manager	Eileen Arthur	403 282-2234 hallmanager@banfftrailcommunity.ca

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Howler Editor		howlareditor@banfftrailcommunity.ca

DIRECTORS AT LARGE

	Llyal Grummett	403-284-3622
	Chris Van Egmond	403-289-0216

Have questions about Hall rentals or availability?

Contact our Hall Manager Eileen Arthur at 403-282-2234 or e-mail her at: hallmanager@banfftrailcommunity.ca.

Office hours are Tuesday and Thursday
6:30 to 8:00 p.m.

PRESIDENT'S MESSAGE

I have the good fortune to let you know that Banff Trail has been selected by the Ward 7 office this year for the "This is My Neighbourhood" program. The main message is that we get more engagement and attention from the full set of City of Calgary departments, with the goal of making our community a better place. Stay tuned for your chance to engage, and in the meantime, brainstorm alone or with your neighbours about how Banff Trail could be better. There's more info at engage.calgary.ca/TIMN.

News of Note in the Community:

We have an upcoming **Casino, January 3 and 4**. New for this year, casino funds can be put towards community garden improvement. They're surprisingly enjoyable to work, now that there is no smoking, and you get a free meal and a chance to socialize with your fellow community members. **We're now desperate for volunteers.** Working a casino has the highest impact for your time; A few volunteer hours correspond to thousands of dollars of funding for the community. Contact president@banfftrailcommunity.ca to help out.

Our yearly **Christmas Sing-along** night is not to be missed. This year it's Dec 17th, 1-4pm, and will be more fun than ever.

There is a significant **redevelopment of Northmount Drive** underway, and decisions there could very well affect the traffic situation around our Community. Now is the time to give the city feedback on their plans. Search "Northmount Drive Plan" to have a look at it.

The City has finally agreed to do a detailed review of **the parking situation around our two C-Train stations** (Banff Trail and University). The initial discussion involves creating a new restricted parking zone in the immediate vicinity of the stations to make sure that residents living there can park at their own homes! Stay tuned for more info here.

The draft proposal for **Crowchild Trail improvements** have been put online by the City. (Google "Crowchild Trail Draft Recommended Plan" to take you straight there. The short-term plan aims to **fix the driving**

connections around Motel Village, 16th Ave and Crowchild. The Medium-term plan includes an **overpass for 24th Ave** over Crowchild. The best way to impact these plans is to comment directly to the City, but if you'd like to discuss it with us at the Community Association, we'd love to hear from you.

The **Skating Rink Replacement** has finally cleared the last major planning hurdle, and we have been issued a development permit by the City. This means contracting and construction can begin. The plan is to keep the rink as is this winter, and begin building as soon as we can in the spring.

On the plus side, delays in the construction of the rink have allowed us to integrate in a design for **landscaping and improvement of the deck area** (overlooking the garden and rink), possibly incorporating a seating and fire pit warming area. If you have ideas or concerns, please contact us.

Spring soccer is looking for an equipment coordinator. It's an easy one-time job, and let's you meet all of the fun parents and soccer kids in the neighbourhood. If you'd like to help, please email soccer@banfftrailcommunity.ca.

Our next winter event is our **Winter / Skating party.** Last year, a warm snap melted all of the ice, but this year we're hopeful the party will be better than ever. If you have any ideas as to what would make it fun, or could help coordinate it, please email events@banfftrailcommunity.ca, or come visit us at a meeting.

Every one of these fantastic items happens thanks to the help of interested members of the community. If you have anything you'd like to see in our community, don't hesitate to get involved. Come to any meeting the first Wednesday of the month, 7-9pm at the hall, or just send me an email at president@banfftrailcommunity.ca. You'll be welcomed into a pretty awesome group of neighbours who are here to make Banff Trail a great place to be.

Barry Clement
BTCA President



Calgary Firefighters Message

Christmas Trees

Many Calgaryans put up Christmas trees to celebrate the holidays. To prevent a fire in your home, remember to:

- Get a freshly cut tree. When a tree is green and well watered, it is less likely to catch on fire.
- Get a tree that is moist and green. You can tell if a tree is moist because very few needles fall off when the butt of the tree is tapped on the ground, needles bend instead of break, and the tree stump is sticky with resin.
- Use a tree stand with a broad base for good balance and a large water reservoir to ensure that the tree is ALWAYS in water.
- Do not set your tree up near a heat source such as a radiator, television, fireplace or heating register.
- Ensure when selecting a tree location that it does not block exits, doors or windows.
- Never use lit candles on your tree.
- Always choose flame-resistant or flame-retardant and non-combustible decorations for your tree and elsewhere in your home.
- After the holidays, properly dispose of trees as soon as possible using the city of Calgary's Christmas tree recycling program.

Candles

Just like indoor and outdoor holiday lights, we use candles during the holidays to make our homes beautiful and celebrate the season. To help prevent a fire started by a candle;

- Keep candles away from curtains, paper, furniture or anything that can easily catch fire.
- Adults should always supervise when a candle is being

lit. Children should never be left alone to light a candle or use matches.

- Keep candles in sturdy, stable holders and place them on stable surfaces away from drafts, children or pets.
- LED candles are safe alternative to burning candles

Kitchen fires

During the holidays, we often celebrate by inviting friends and family over to enjoy a meal. Cooking fires are the leading cause of house fires and fire injuries. Learning how to prevent cooking fires is important during the holidays and all year. Remember to NEVER leave cooking unattended.

Home escape plans and holiday visitors

If you have family, friends or guests staying with you over the holidays, be sure to share your home escape plan with them when they arrive.

DID YOU KNOW: Since 1967 your Calgary firefighters union has been hosting An annual Christmas party with gifts in the corral for over 1800 financially challenged families.



The Banff Trail Community Runners

The Banff Trail Community Runners is an informal fitness group for women. Members pitch runs (or other workouts — hikes, skiing, snowshoeing, etc.) to meet up with like-minded neighbours. Contact Carolyn Fisher at carolynf@telus.net to have your name added to the Banff Trail Community Runner email group. See you on the running paths!

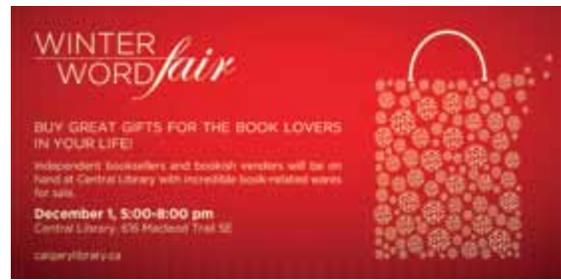


CALGARY PUBLIC LIBRARY

Happy Holidays
Calgary Public Library will be closed Christmas Day, Boxing Day, and New Year's Day. The Library is open until 4:30 pm on Christmas Eve and New Year's Eve.

Free Presents!
Need a last-minute stocking stuffer? Give everyone on your list FREE books, movies, magazines, eBooks, programs that teach and entertain, and so much more when you give the gift of a FREE Library Card!

The 2017 Reading Guide
The Library is excited to announce that the 2017 Reading Guide will be in community libraries this January! The Reading Guide has an amazing selection of books chosen by Librarians to keep everyone in your family reading all year long.



WINTER WORD fair

BUY GREAT GIFTS FOR THE BOOK LOVERS IN YOUR LIFE!

Independent booksellers and bookish vendors will be on hand at Central Library with incredible book-related wares for sale.

December 1, 5:00-8:00 pm
Central Library, 436 Macleod Trail SE
calgarylibrary.ca

HOWLER SUBMISSIONS

Do you have an interesting story you think should be in The Howler? Know of someone living in Banff Trail how deserves to be featured in our newsletter? How about photographs of our community? If you do please contact howlereditor@banfftrailcommunity.ca.



Healthy Eyes and Vision

By Sarah Thomson

Your eyes, like the rest of your body, benefit when you eat well. Did you know that certain foods can help keep your eyes healthy, and protect your vision?

There are three key nutritional groups to help protect your vision.

Vitamin C and beta carotene are antioxidants, which help to absorb some of harmful rays generated by the sun. The best food sources include colorful fruit and veggies such as grapefruit, strawberries, bell peppers, and broccoli. Kiwi is the highest fruit source of vitamin C. Vegetables such as carrots, yams, and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

Lutein and zeaxanthin are also antioxidants that help protect against the damaging effects of UV rays. The best food sources of lutein and zeaxanthin include dark leafy vegetables such as spinach, collard greens, and kale. Slightly cooked greens are best, since the heat helps release more nutrients.

Omega 3 fatty acids help reduce inflammation and can help prevent age-related macular degeneration and dry eye. They can be found in oily fish such as salmon, trout, and sardines as well as oil rich plant sources, such as flaxseed and nuts. Try to mix 1 tablespoon of ground flax seed or wheat germ into your daily diet for a big boost of eye nutrients.

To learn more about eye-health and nutrients to help protect your vision, ask your eye care professional.

IT'S HAPPENING IN BANFF TRAIL

Remember, www.BanffTrailCommunity.ca is the place to look for short-notice events and more Community info. Check out our event calendar and interactive community map! We are also on Facebook now too: <https://www.facebook.com/BanffTrailCommunity>

Tai Chi Classes – Wednesday nights 7-8 p.m.

Wednesday nights from 7-8 at the hall. A great way to relax and meet people. Feel free to just show up – wear clothes you can move in! \$50 only for community members for 10 sessions.

Zumba® with Andrea - Every **Monday 7:30-8:30pm** and **Wednesdays 8:15-9:15pm**. Drop-ins welcome. Monthly Passes available. For up-to-date schedule and fees please check out <http://andreadawe.zumba.com> or contact Andrea at andreadawe.zumba@gmail.com. Come join the party and dance yourself fit! No experience necessary!

Karate and Kobudo – Tuesday and Thursday nights 7-8 pm. Classes available for all ages. More information can be found at: www.shinshikan.com

Yoga Classes & Workshops

A great way to enjoy the benefits of yoga and have fun too! Improve strength, coordination, posture and balance; increase your energy level and flexibility; enjoy greater vitality. The All Levels class takes place on Thursdays from 7 - 8 p.m., and the Gentle Yoga class is held on Tuesdays from 10 - 11 a.m. For more information or to register, please contact Margau at 403-585-0043 or email yogamarg@telus.net. Ask about our monthly yoga workshops too!

Wednesday Afternoon Crib Club

Every Wednesday from 12:30 – 3 p.m. New Players Welcome! Join a lively group of seniors enjoying 9 - 12 tables of crib each week. Two crib tournaments each year and several Pot Luck Luncheons each year. Feel free to drop by and join in the fun. Check out the website or the Facebook page for more up-to-date information.

Registered Women's only Bootcamp Training Class

Mondays and Wednesdays at 5:30-6:30 and Saturday mornings at 9:30-10:30.

READY for a CHANGE? BBT Bootcamp Academy Training Camps for Women. BBT Bootcamp is the ultimate workout for every fitness level that will keep you challenged, energized, and excited for the next class. Our training program will



nudge you one step at a time toward creating a stronger, fitter, leaner, more balanced body with a dash of fun thrown into each class!

Zumba® at BTCA! Your first trial class is FREE! Drop-ins are welcome! No experience necessary. Come ready to dance, get fit and have FUN!

Join ANDREA **Mondays 7:30-8:30 PM** Website: www.andreadawe.zumba.com, Email: andreadawe.zumba@gmail.com. (Fall session starts Sept. 5th)

Join NATALIE **Wednesdays 8:15-9:15 PM** Email: nataliebrennan90@gmail.com for details. (Please email Natalie for start date - classes to start in late fall)

Join HIROE **Thursdays 10-11 AM** Website: <http://hiroebellows.zumba.com>, Email: hiroezumbafitness@gmail.com. (Fall Session starts Sept. 8th)

Annual Christmas Sing-Along, Saturday Dec 17th, 1-4 pm at the hall. Bring the whole family! There will be fantastic piano player, as well as hot drinks and delicious treats.

New Preschool Sports Program! Check out Winter programs at Banff Trail Community Association or visit us at www.sportball.ca.

Session #1 Wednesday Jan 18 - Feb 15 10:30 - 11:30 am
Session #2 Wednesday Feb 22 - Mar 22 10:30 - 11:30 am

READY for a CHANGE? BBT Bootcamp Academy Training Camps for Women. BBT Bootcamp is the ultimate workout for every fitness level that will keep you challenged, energized, and excited for the next class. Our training program will nudge you one step at a time toward creating a stronger, fitter, leaner, more balanced body with a dash of fun thrown into each class!

If you are ready to transform your life, come train with us. DROP INs WELCOME - - 9:15- 10:15 am on Saturdays - please email me: tlsh1818@gmail.com

CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> - Email: boardoftrustees@cbe.ab.ca

Kindergarten | where your child's talents are treasured

Kindergarten is the start of an exciting adventure full of promise for children and their families. At the Calgary Board of Education, we understand that children bring their own unique talents and gifts to their learning experience, which is why we personalize students' learning to help them reach their full potential.

In the early years, personalized attention can make a meaningful difference in children's lives. That is what sets CBE early learning programs apart from the rest.

CBE schools are open to all children and are committed to embracing every student in a safe and welcoming environment. From the very first day of kindergarten, our teachers begin looking into the future to help children take those next steps in their learning. We never lose sight of our ultimate goal, which is for every student to complete high school with a foundation of learning necessary to thrive in life, work and continued learning.

Whether it is a community school, language program, or one of our many alternative programs, families can choose

the kindergarten program that is best for their child. They can be assured that the unique needs of each child will be taken into consideration at our schools.

Kindergarten is a child's first introduction to school and the CBE. The first year will be filled with significant early experiences they will remember for a lifetime.

We are proud to be part of creating those memories. We are proud to provide learning as unique as every student. Come learn with us!

If the school that your child will attend is one of the new schools that is opening in the 2016-17 school year please visit the Building & Modernizing Schools web page and click on the new school's name. The page will provide information about where and when to register as it becomes available.

You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu

fccs@shaw.ca www.christianscience.ab.ca

Does Your Puppy Have A Good Bite?

Throughout my veterinary career there have been months when one problem appears again and again in my patients. Recently, I have seen one case after another of puppies with malocclusions or teeth coming in incorrectly causing developmental problems. Also, many of these cases have been in dog breeds such as Labrador retrievers and beagles that typically have normal bites. A normal bite is when the bottom and upper teeth of the carnivore interlock properly and the mouth can be opened and closed without the teeth striking each other or being stuck in the soft tissue of the mouth. There are many types of veterinary pediatric dental issues these are just two of the most common.

Every puppy and kitten should have the mouth looked at as part of its routine examination during vaccinations and other procedures. Problems are much more frequently seen in puppies. Facial changes are less exaggerated in cats; therefore, problems are infrequent. A carnivore's teeth interlock from the big canines or fangs



back through the premolars and molars. This is to allow them to bring down prey and tear into bone and muscle. Like us, carnivores have baby teeth or deciduous teeth that fall out and are replaced by permanent teeth. This ends in our pets by about six months of age. When we look at the dental arch we want to see the bones of the upper and lower jaws growing in unison as the pet grows and the face and jaw elongate without impediment by teeth locked in tissue or hitting each other.

The most common problem in dogs is the big canines, the fangs, sometimes are directed too far inward towards the middle and the canines from the bottom grow into soft tissue of the mouth at the top and this stops the lower jaw from growing properly. This occurs in domestic dogs because we have bred them to exaggerate certain traits, to

get the appearance we seek in a particular breed, or sometimes it's just bad luck. When this happens, we recommend immediate removal of the baby teeth so the puppy's lower jaw can grow properly. Sometimes in mild cases we might ask to repeatedly see the young puppy so we can monitor whether interference is necessary. I love to speculate what a human orthodontist might do when faced with children with big fangs that will mature in six months.

Sometimes the puppy's baby teeth looked perfect but the adult teeth start to emerge in an abnormal position, usually inside the baby teeth, again necessitating early removal of baby teeth to open the normal pathway for the permanent teeth in the growing puppy. In the most extreme cases we are unable to correct the bite or the window of opportunity was missed and, yes, veterinarians refer dogs for root canals and crowns to specialists.

We see puppies with missing teeth, malformed teeth, teeth with extra crowns, teeth coming in at wrong angles, and extra teeth. Decisions are made based on whether we need to take advantage of the growing the pet will still do and the long-term risks to the pet going forward. Veterinary dentistry has come a long way in the thirty years I have been a veterinarian. We use equipment comparable to that used by your own dentist and take radiographs or x-rays to guide our decisions. We have specialists to refer to if the equipment and skills required are beyond those of us in regular practice. Just like with our own health and that of our children, your pet's health is intertwined with their dental health in the long haul. Make sure your puppy and kitten has its mouth checked in its early check-ups.

Jennifer L. Scott, B.Sc., D.V.M.

Call For Articles

If you would like to write a piece for the Banff Trail Howler, please email your submissions to howlereditor@banfftrailcommunity.ca. We'd love to hear about your local interests! We are also accepting photographs for cover art.

New to Banff Trail

If you have been walking around Banff Trail lately, you will have noticed that in addition to all of the new housing, we also have new businesses taking root! Convenience stores, a nail salon, and a take-out pizza joint are just a few of the places opening their doors and sharing space with the businesses we already know. Because of the age of our community, we still see small commercial strips among the blocks of houses, particularly near the schools and community hall. Visit our new and pre-existing business neighbours and keep it local!

BRAIN GAMES SUDOKU

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	3					7	

FIND SOLUTION ON PAGE 15

BTCA Membership Form

Name: _____ Spouse: _____

Address: _____

Postal Code: _____ Phone: _____ Fax: _____

Email: _____

Children under age 18: _____

I am interested in volunteering with the community association:

- Newsletter
- Social Functions
- Sports
- Fund-raising
- Maintenance
- Other (please specify): _____

The rates for Banff Trail Community Association membership are:

- Single \$10
- Family & Household \$15
- Business \$25

Please mail your application form to
BTCA 2115 20 Avenue NW T2M 1J1

Make cheques payable to the Banff Trail Community Association
Phone 403 454-7369 for more information

Happy Holidays!



provide protection for your tree and presents.

4. **Holiday baking? Yes please!** Looking for a great way to amuse younger houseguests AND include your pet on

the fun? Bake and decorate delicious dog cookies with pet-friendly ingredients like cheese powder, yogurt 'icing', flax seed and carob chips. Need a recipe? Email humane.education@calgaryhumane.ca and we'll be happy to share our favorites!

5. **Put Santa's cookies on the mantle, not the floor!**

To keep your pet from getting a lump of coal (or a pricey vet visit) for Christmas, store Santa's cookies and other holiday goodies up and away from curious noses. Better yet? Keep a bowl of approved treats on hand for houseguests that want to share the holiday cheer.

6. **Spend some quality time together!** Holidays are a busy time, but they are also a great chance to spend some quality time with your pet. Bundle up Fido and head out to check out the holiday light displays or curl up on the couch with Fluffy to enjoy your favourite festive film.

7. **Give your pet a space of their own.** When houseguests come calling some pets may prefer to sneak off for some relaxation. Providing a 'safe haven' in your house is as easy as placing a comfy bed and some of your pet's favorite items in a room that company will not be spending time in.

8. **Spread some holiday cheer!** Drop by the shelter to find the 'purr-fect' gift at our Pet Gear Store or drop off a pet toy for our "Stuff a Pooch Pad campaign". We're all decked out for the holidays and we would love to hear from you!

From all of us at Calgary Humane Society, have a safe and happy holiday season!

Happy Holidays from Calgary Humane Society!

December is always a time filled with a lot of festivity at the shelter and we hope you are enjoying your own holiday traditions at home. As always, we are starting out the season with our Christmas Party for the Animals, a free family event, on December 3, 2016. All December long we will also be collecting treats and toys for the shelter pets to enjoy on Christmas morning, as part of our "Stuff a Pooch Pad" campaign. At Calgary Humane Society we believe that every pet should have a special festive season, so with that in mind we are bringing you our top suggestions on how to make the holidays fun and safe for you and your pet!

1. **Distract Fido with special treats!** Having family and friends join you for a meal is a fantastic holiday tradition, and with a little creativity your pet can also join the dinner fun. Freezing hard rubber "Kong" toys stuffed with soft food is not only a delicious indulgence, it can also distract Fido while you enjoy dinner in peace!

2. **Choose "Fluffy friendly" wrapping and decorations!** Many pets, especially cats, love to investigate holiday décor. Put plastic or metal decorations towards the bottom of the tree and consider skipping ribbons and tinsel as these could be dangerous if swallowed. If you have a wrapping paper scraps left over you can create a fun diversion for your feline friend by hiding a treat or two inside a crumpled paper ball.

3. **Secure the tree!** If you have pets (or small children) visiting your house over the holiday season you can safeguard your 'silent night' by securing your tree to the wall. A strategically placed pet exercise pen can also



Going on a Christmas Holiday?

A message from the Federation of Calgary Communities Building Safe Communities Program

The Christmas Holidays can be a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock. Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the sidewalk and steps are cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more resources, check out the Federation of Calgary Communities website (www.calgarycommunities.com) under the Building Safe Communities tab.



COUNCILLOR, WARD 7
DRUH FARRELL

ward07@calgary.ca • www.druhfarrell.ca
Twitter: @DruhFarrell • Facebook: Druh Farrell

It is that time of year when we gather-round the kitchen table to spend time with friends and family. We will reflect on good fortune and happy times, as well as look forward to an even better 2017.

Sadly, not all of our neighbours will be as fortunate this holiday season. Whether due to the recession, loneliness, poor health, or other challenges, many Calgarians could use a kind word and a helping hand. While many live through difficult circumstances year-round, the holidays are an ideal time for us to share our generosity and kindness. Here are just a few of the ways we can help:

- Call 211 (online at www.ab.211.ca when you see someone in need. Here you can access a wide-variety of social programs and services.
- Make a donation to a non-profit in your community. For information on charities and their finances, visit www.cra-arc.gc.ca/charitiesandgiving/.
- Volunteer! The possibilities are endless. From reading to children to visiting seniors' centres, call 211 to connect to volunteer opportunities, or create your own.
- Start a conversation about poverty. To learn more about poverty in Calgary, visit www.enoughforall.ca.
- Learn what it feels like to live in poverty by trying to *Make the Month*. www.makethemonth.ca is an interactive poverty simulation that shows how Canadians living in poverty face choices that will make or break their monthly budgets.

There are also easy ways we can help our neighbours on a regular basis in the winter months. A great example is becoming a Snow Angel. Watch for people in your neighbourhood who could use help shovelling snow and lend them a hand. To learn more about being a Snow Angel, or to recognize a neighbour's good deeds, visit www.calgary.ca/snowangels.

From the Ward 7 family to yours, we hope all Calgarians can enjoy a happy and compassionate holiday season.

To sign up for updates on key community and Ward 7 issues, please visit www.druhfarrell.ca. To contact my office, please email Ward07@Calgary.ca.



News from the Friends of Nose Hill

by Anne Burke

This summer some residents had concerns about pet rabbits released into the wild. Would this problem be part of the City's jurisdiction, as it was in Canmore? The General Manager of Community Services reported to City Council that most of the rabbits in communities are jack rabbits, which are feral (wild) animals.

The City does have authority over pet rabbits, under the Community Standards Bylaw, for example. Feral animals are up to the province's Animal and Wildlife Services. The Community Services Department at the City will work with Council to provide information on how to direct residents and ensure that their concerns are properly addressed.

At a council committee on Community & Protective Services, a motion was passed to propose bylaw changes in order to use livestock grazing as a land management and weed control tool on City lands in 2017.

Natural areas provide multiple ecosystem services, which are of value to city residents. For example, there is computer

software to measure the urban forest in at least 3 environmental services: cleansing the air; storing carbon; and reducing storm water in the City.

So far, it was found that the average benefit per tree in Edmonton's urban forest was US \$74.73 (\$97.96 Canadian). The cost for caring for each tree is US \$18.38 (\$24.09 Canadian), resulting in a net benefit of US \$56.35 (\$73.87 Canadian).

Cities and local governments play a crucial role in the pursuit of a greener existence through efficiently integrating urban development and biodiversity management at the local level. With rapid human development and expansion, biodiversity is being lost, but there are some new urban biodiversity guidelines.

In the fall of 2016, the Mayor signed the Durban Commitment. Calgary is the 3rd Canadian city, after Edmonton and Montreal, to formally join an international program directed by Local Action for Biodiversity, for local governments from across the world to improve biodiversity planning and management. It is estimated that 90% of the world's population will live in urban areas by 2100.

By 2025, Calgary will:

- Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors.
- Restore 20% of Calgary's current open space to increase biodiversity.
- Identify invasive species in Calgary's open space and complete strategies for their management.



MLA CALGARY-VARSITY STEPHANIE MCLEAN

#101, 5403 Crowchild Trail NW
Calgary, AB, Canada T3B 4Z1
Phone: (403) 216-5436 • Fax: (403) 216-5438
calgary.varsity@assembly.ab.ca

Friends,

In November, we've had our first few snowfalls, bringing blankets of brilliant white to freshen up the city. There were also solemn Remembrance Day ceremonies on November 11th, to honour the sacrifices of our veterans.

November was also the first full month of the legislative session, so I have been quite busy in Edmonton on weekdays representing Calgary-Varsity. I have also had the privilege of attending many events in the constituency as well. I was proud to thank the hard work and dedication of volunteers celebrated at the Montgomery Community Association Volunteer Dinner. I had a wonderful tour of the Ronald McDonald House charity in Calgary, learning about the important work they do for children. There was the Dalhousie Artisan Fair, where we sampled some of the many fine wares our community has to offer. I had several stakeholder meetings with the University of Calgary Student Union, and McMahon Stadium. I even joined the U of C Student Union for a short segment on CJSW radio.

December is of course a very busy month for us all. The year is coming to an end, so many things have to be finalized. And there are the holidays to prepare for and enjoy. For example, there is the wonderful Triwood Christmas Market on December 4th, from 10am-3pm. It has free admission, as well as music, mulled wine, hot chocolate and decorate your own cookies. Triwood also has a Christmas party on December 17th at 6:30pm with a free buffet dinner and entertainment. Banff Trail also hosts its Christmas party on December 17th from 1-4pm. Charleswood community hall will host the Kidz Christmas Party on December 11th from 12-2pm. It is free entry, with festive craft activities, and Santa will be attending.

Also on December 17th, I am attending the Mustard Seed's event to pack hampers full of gifts and necessities for the less fortunate.

For students, the University of Calgary Student Union hosts the Stress Less Week December 5th-9th to help everyone prepare for end of semester exams. Be sure to take advantage of all the resources you need to succeed.

Throughout the fall my office will be attending Community Association meetings, AGMs, and Community programs throughout Calgary-Varsity to ensure I'm always informed about how best to represent local issues at the provincial level. We hope to see you there!

Our office serves all the people of Varsity, Dalhousie, Brentwood, Banff Trail, University Heights, Montgomery, and Charleswood. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. Please visit us in our office, and let us know how we can help you.

BRAIN GAMES SUDOKU

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

TRIVIA GREENERY

Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Banff Trail area with quality work happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

PET CARE & SITTING SERVICES - PAWS ET. Retired, reliable. House/cat/dog sitting. Dog walking/daycare/boarding in home conditions. First Aid pet certified. Call Elena at 403-247-6205.



Banff Trail Real Estate Update

Last 12 Months Banff Trail MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$627,000.00	\$607,290.00
September 2016	\$658,950.00	\$652,500.00
August 2016	\$799,900.00	\$774,250.00
July 2016	\$635,000.00	\$639,988.00
June 2016	\$653,950.00	\$643,366.80
May 2016	\$659,700.00	\$629,750.00
April 2016	\$559,900.00	\$548,000.00
March 2016	\$625,000.00	\$590,000.00
February 2016	\$674,950.00	\$662,500.00
January 2016	\$549,900.00	\$538,500.00
December 2015	\$629,394.00	\$611,000.00
November 2015	\$839,350.00	\$822,000.00

Last 12 Months Banff Trail MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	6	4
September 2016	11	8
August 2016	4	6
July 2016	6	11
June 2016	11	6
May 2016	8	4
April 2016	8	3
March 2016	11	5
February 2016	5	4
January 2016	2	3
December 2015	6	2
November 2015	2	4

To view the specific SOLD Listings that comprise the above MLS averages please visit banff_trail.great-news.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

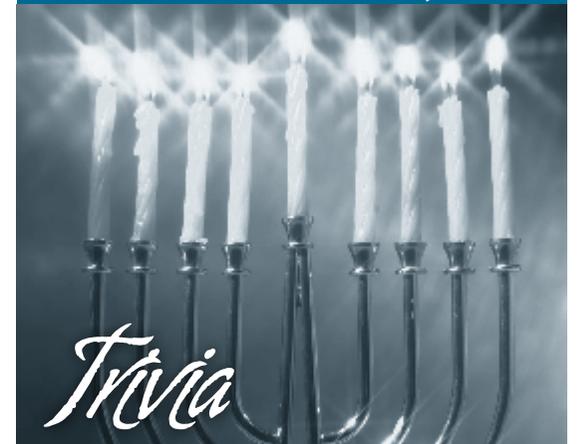
LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

VOLUNTEERING....

Good for the Soul

HANUKKAH

In 2016, Hanukkah from in the evening of Saturday, December 24th until the evening of Sunday, January 1st. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.



Trivia



MP, CALGARY CONFEDERATION LEN WEBBER

2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

A Sensible Solution

For those who may not already know, I have been a long-time advocate of organ and tissue donation in Canada and was instrumental in creating the organ donor registry in Alberta a few years ago.

However, the reality is 4,600 Canadians are awaiting a transplant and we need to do more to find those critical matches to save more lives.

I have introduced a Private Member's Bill, Bill C-316, which proposes a very simple, very effective method to increase the size of the organ donor base in Canada. It will also help update existing databases.

I am proposing we add a line to the annual tax forms that asks Canadians if they would like to become an organ donor and if they want to have this information passed to their provincial government for addition to the existing organ donor registries. The provinces will still be maintaining their own lists and the federal government will just be supplying them with data for that purpose.

The Canada Revenue Agency already successfully shares data every day with all the provinces and territories via encrypted networks with strong and reliable privacy safeguards. In addition, the existing infrastructure would support this change with virtually no cost. CRA already shares dozens of data fields of information on every taxpayer with the provinces and territories and this would simply be one more data field.

The tax form is a way to update this information annually via a legally-binding document. It would allow for lists to remain current and relevant.

Currently, the only proactive approach used by governments is to ask for donors via the driver's licence registration process. The number of people getting drivers' licences is dropping every year.

The voluntary online method of registering is neither proactive or fully effective. Those who move from one province to another do not update their information, especially young people who are prime donors. The tax

form approach overcomes these common problems and expands the potential donors reached.

Sadly, when someone dies, the tax department is often one of the first government agencies to be notified. This too will help update provincial registries and keep them current. This makes for a more effective and responsive donation system.

I hope I can count on your support for Bill C-316.

CANADIAN, EH?

When Canadians say "North of the 49th" we are referring to Canada - since the Canada-US border runs along the 49th parallel. This is the longest international border in the world.

Banff Trail mybabysitterlist

Name	Age	Contact	Course
Abby	12	403-819-0141	Yes
Abigail	13	403-554-4577	Yes
Abby	13	587-830-6330	Yes
Ava	14	403-279-2083	Yes
Maria	14	403-467-2760	Yes
Sophie	17	403-650-8461	No
Dario	19	403-681-7109	Yes
Jessica	19	780-695-9304	Yes
Samantha	22	204-781-7743	Yes
Eliana	31	587-437-1107	No
Rowena	42	587-894-0713	Yes
Todd	45	403-585-8463	Yes

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Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

January 10 - January 21 All The Little Animals I Have Eaten by One Yellow Rabbit: Set in an unusually modern bistro, this latest of Karen Hines' darkly hilarious comedies embraces everything from plagiarism and insurance crimes to Golden Retriever conventions and lonely trolls to existential struggles and the transcendence of the human soul. Scenes are performed by well-heeled diners, glowing ghosts, tiny vertebrates, and other unexpected voices. More info www.ojr.org

January 13 Pop Fridays at Calgary Philharmonic Orchestra: Known as "The Ambassador of Soul" Ellis Hall is a master of classic R&B in the style of the genre's greatest legends. With an incredible career as former lead singer in Tower of Power and a protégé of the legendary Ray Charles, Soul Unlimited's hits include the music of Stevie Wonder, Marvin Gaye, The Temptations, Earth, Wind & Fire and more. More info www.calgaryphil.com

October 6 - January 8 ATB Storytellers Exhibition at National Music Centre: Discover Alberta's rich music history at the new ATB Storytellers Exhibition. Explore the untold history of some of Alberta's music pioneers and icons through artifacts, film and interactives. Free and accessible to the public inside Studio Bell's Drop-In Zone. The exhibit will feature a collection of artifacts and recorded oral histories with iconic Albertans. More info www.nmc.ca

January 5 - February 2 High Performance Rodeo multiple venues: Offering all types of theatre over the course of almost a month, the High Performance Rodeo can feel as exciting as its namesake if you are trying to fit all the great performances in from this annually jam-packed schedule. To keep up-to-the-minute informed check the Facebook page www.facebook.com/HPRodeo or more info and tickets www.hprodeo.ca

January 29 Bridal Fantasy at the Telus Convention Centre
Brides can expect to see a dramatic fashion show and theatrical production featuring the latest trends in flowers, tuxedos, gowns, destination wear, hair and make-up. Brides have the opportunity to win over \$75,000 in prizes and the chance to win the Fantasy Wedding Package - Including prizes from all of the sponsors. More info www.bridalfantasy.com

JANUARY JANUARY JANUARY

NOVEMBER 25, 2016 - JANUARY 8, 2017 ZOOLIGHTS AT THE CALGARY ZOO

6:00 pm - 9:00 pm everyday, experience over 1.5 million lights, 200 displays, crackling fire pits, steamy hot chocolate and four fun-filled activity zones (with many new additions!), transforming the Zoo into a magical winter wonderland. More info www.calgaryzoo.com



EVERY SATURDAY IN JANUARY CRAFT BEER TOURS BY CALGARY BEER TOURS

The Calgary Craft Beer Tour is all about spirited craftsmanship but more importantly it's about the delicious, refreshing beverages produced through the creativity of locals brewers. Experience the city's good-natured, welcoming breweries, including tastings at Village Brewery, CRAFT Beer Market, The Dandy Brewing Company, Tool Shed Brewing Company and Last Best Brewing and Distilling. More info www.calgarybeertours.beer/tours/



JANUARY 6 - JANUARY 8 THE MOTORCYCLE SHOW AT BMO CENTRE

Featuring brands like Vespa, BMW, Victory, Harley Davidson and many more, this exhibition is sure to blow your hair back. Regular admission is \$15 and kids under 5 get in free. More info www.calgarymotorcycleshow.ca





FAMILY CHRISTMAS SERVICE
 "What the Animals Saw..."

Sunday Dec. 25, 2016 at 10:00 AM

All welcome - come join us!

Banff Trail Community Center
 2115 20th Ave. NW

email: info@livingwordchurch.ca
 web: www.livingwordchurch.ca
 tel: 403-922-2216



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