

FEBRUARY 2016

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your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



**SKATING PARTY AT
THE HALL**
SATURDAY, FEBRUARY 20
9-1PM

www.banfftrailcommunity.ca

It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY



Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.

CUPE
Calgary's city employees
Making your city
work for you

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers 5-20% more!

Here's to another great year, in Canada's greatest city.

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted



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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NEWSLETTER AD SALES

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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 February 3, 7-9pm
See you there!

Newsletter Submissions
March Issue
Deadline

February
7th

Editor – Melanie Masterson
howlereditor@
banfftrailcommunity.ca



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Banff Trail Community Association

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

OFFICERS

President	
Barry Clement	president@banfftrailcommunity.ca
Vice-President	
Heather Spicer	vicepresident@banfftrailcommunity.ca
Treasurer	
Incoming	treasurer@banfftrailcommunity.ca
Secretary	
Gianna Cassell	secretary@banfftrailcommunity.ca

DIRECTORS

Hall Maintenance	403 246-2232
Alfred Wright	
Planning & Development	
Rob Hirsch	development@banfftrailcommunity.ca
Communications Committee	403-809-5036
Louise Brisson	communications@banfftrailcommunity.ca
Programs & Special Events	VACANT
Hall Manager	403 282-2234
Eileen Arthur	hallmanager@banfftrailcommunity.ca

VOLUNTEERS

Memberships	403 454-7369
Natasha Freedman	memberships@banfftrailcommunity.ca
Soccer Coordinator	
Karen France	soccer@banfftrailcommunity.ca
Howler Editor	howlereditor@banfftrailcommunity.ca

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Mike Legge	403-870-0185
Llyal Grummett	403-284-3622
Chris Van Egmond	403-289-0216
Jeanette Monti	403-289-4321
John Bannerman	403-616-1747

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.



Babysitting CO-OP

Check out the Banff Trail Babysitting Co-op at our next monthly social gathering. For more information about how families swap babysitting time as needed/available, and how parents enjoy a monthly evening of wine, snacks and chit-chat, contact our Coordinator Elena Rhodes at 403-202-4762 or email rhodese2013@gmail.com. Go to www.banfftrailcommunity.ca for more information.

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

STAY CONNECTED WITH BANFF TRAIL:

Check out our Website:
www.banfftrailcommunity.ca/

Like us on Facebook: <https://www.facebook.com/BanffTrailCommunity>

Follow us on Twitter:
<https://twitter.com/BanffTrailYYC>

BANFF TRAIL MESSAGES

Looking for the perfect part-time job? Banff Trail Community Hall needs a cleaner. Inquire at hallmanager@banfftrailcommunity.ca.

Family Skate - February 20. Go to www.banfftrailcommunity.ca for details.

BTCA needs a bookkeeper. If you are able to help, and would like more details, please email communication@banfftrailcommunity.ca.

Banff Trail Outdoor Soccer Registration to begin February 1, 2016. Watch for more information online at banfftrailcommunity.ca or email soccer@banfftrailcommunity.ca.

IN & AROUND CALGARY

Fast. Easy. Organized.

The Official City of Calgary Map Gallery is a collection of online maps that show locations and information for City parks, recreation centers, flood recovery efforts, drop-off locations, landfills and much more. Based on citizen feedback over the last several years, this collection of maps is now organized by categories, allowing easy navigation throughout the gallery. In addition, we've improved functionality of our maps by hosting multiple custom-made maps instead of only one generic map. There are over 30 maps available in the gallery, and each tells its own customized story. There is much information to discover in The City of Calgary Map Gallery, available from your personal computer or mobile device.

To use the Map Gallery, simply go to Calgary.ca and click on the Map link from the home page. Browse through the several categories available, and then click on the map of your choice.

See what services are available in your community, or take the Historical Downtown Calgary Walking Tour – the Map Gallery has it all. Visit maps.calgary.ca.

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**



Banff Trail Christmas Sing-a-long

The Banff Trail Christmas Sing-a-long was held on December 19th at the community centre. There was a wonderful mix of people who participated– from families and young children, to single adults and long-time Banff Trail residents. It was festive atmosphere, and the younger kids were treated to a crafts area, where they could create their own Christmas tree ornaments and decorate gingerbread men.

There was a huge array of cookies, squares and goodies, along with hot chocolate for everyone to enjoy while singing some of the best known Christmas carols. Our carolling was enhanced by a wonderful pianist who graciously led everyone through the songs.

It was a wonderful way to spend an afternoon. Mark your calendars for next year's Christmas Sing-a-long: December 17, 2016!

A huge thank you to all the volunteers who helped make the afternoon a success!

Beatrice Kozlowski

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Bill: 403-605-3620 email: bewing@cirrealty.ca

Volunteers Needed

The Banff Trail Community Association is in need of volunteers to help with projects and events throughout the year

We encourage everyone in the community to become more involved. Even if you are a short term resident you can be an engaged member of our thriving community.

We need more help so please get involved!

Contact Llyal 403-651-1019



**Nose Creek Softball &
 Tim Hortons Learn to Play Softball**



Spring Softball/Fastpitch Registration for Youth
 Nose Creek Softball offers a community based program for young athletes to learn new skills, make new friends and have fun!

PROGRAMS OFFERED:

Girls Teams from U10 to U19
 Mixed Teams for Tim Hortons Learn to Play

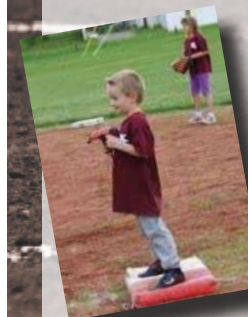
All of our athletes have the opportunity to:

- Age appropriate skill development
- Play with other athletes of equivalent skill level
- Participate in at least one (1) tournament
- Use premium softball equipment

Indoor Drop-In Clinics on Now!

Spring Session runs from mid-April to end of June
 Online Registration is Now Open!

For more information or to Register: www.nosecreeksoftball.ca
 Male athletes U10 and up can register for the 'Calgary Boys Fastpitch' softball program at www.calgaryboysfastpitch.com



University of Calgary Long Range Development Planning

The University of Calgary is currently developing long range development plans (called "Campus Forward"), which will guide future planning and development decisions on the main campus. The planning exercise is focussed on identifying areas on campus for new buildings or other redevelopment, as well as improving the "usability" of the main campus for its range of users. Representatives from all of the surrounding Community Associations were invited to participate in a series of stakeholder engagement sessions. Three workshops have been held to date and the final workshop is scheduled for April. Community representatives collaborated to develop guiding principles for the University's development (including aspects such as accessibility, sustainability and aesthetics), identify current problem areas and improvement opportunities, as well as identify preferred locations for long-range expansion within the campus grounds.

The University will be holding two public open houses where anyone can drop by and provide their ideas. The first open house is planned for February from 9, 5:30 to 8:00 pm, at the Varsity Acres Presbyterian Church, 4612 Varsity Drive NW. If you can't attend this open house, a second one will be scheduled for June. Find out more at www.ucalgary.ca/campusforward.

Chris van Egmond

Canadiana in Banff Trail

For decades, BTCA has opened its rinks to community residents and all Calgaryans. This year is no exception and skaters and hockey players alike are now enjoying the ice surfaces. We provide a pleasure skating rink for those new to the sport and a full-sized hockey rink for those who want to enjoy some informal shinny or to simply hone their skills.

The ice is maintained by volunteers and we invite those who use the rinks on a regular basis to contribute their time to maintaining the facility. Our volunteer base needs to be supplemented by some new recruits and your assistance will ensure consistent ice conditions during the season.

We encourage all regular users to purchase a community membership to offset the cost of maintaining the rinks as we move forward. Those well-versed in the etiquette of outdoor rinks know that everyone needs to contribute to the maintenance of the ice. For those of you new to the concept, all skaters need to remove the snow they generate and not leave snow against the boards. We have provided shovels for this purpose but when absolutely necessary, volunteers will clear significant snowfalls with our equipment.

Enjoy the winter months on the rinks. If you can assist, contact Llyal at 403-651-1019.

Submitted by Llyal
Article by Steve Parr



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www.christianscience.ab.ca

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!

Qigong is back on Mondays from 11:00 a.m. to 12:30 p.m.

Karate and Kobudo – Tuesday and Thursday nights 8 – 9 p.m.

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!

Banff Trail Ladies' Auxiliary

Meets at the Hall the first Thursday of every month at 10 a.m. The next one will be Dec. 3 and the following will be Jan. 7 (weather permitting).

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.

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.



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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

Yoga and Sports

By Margau Perko, Certified Yoga Teacher

Yoga can enhance sports performance. The two work synergistically when practiced with awareness. Yoga is a conscious practice that can be compared to 'being in the zone', the state where the mind and the body are working together in harmony.

Yoga's internal focus centers attention on the body's movements rather than on an external outcome. Sports psychologists have noted that this plays a significant role in competitive sports and is more likely to lead to success.

Yoga can help with any sport including hockey, football, cycling, running, hiking, skiing, swimming, curling and skating. Golf is an example of an asymmetrical sport where the dominant side is overused. Due to the repetitive swing action, golfers are prone to wrist, shoulder and low back pain. A regular yoga practice builds a solid foundation to help overcome functional imbalances that can be created by repetitive movements.

Yoga enhances sports performance by:

- developing correct physical alignment and coordination
- improving functional strength, energy level and balance
- increasing mental fortitude and concentration
- enhancing breathing and oxygen intake
- preventing injuries and speeding up the recovery process
- alleviating back pain

Even if you do not take part in a sport - if you manage chores in and around the home and enjoy gardening, painting or building, yoga can help enhance your energy, productivity and vitality.

Ken Gray, marathon runner and yoga student



IN & AROUND CALGARY

Crowchild Tr. Study: Upcoming Events

Attend an upcoming public drop-in session to see how the ideas gathered from Calgarians in fall 2015 look when applied to the Crowchild Trail corridor. Learn more about why some ideas will not move forward for further consideration. As well, help us review and evaluate the remaining ideas and the associated benefits, impacts, constraints and trade-offs against the project key principles. Feedback received will help the project team identify concepts for further development.

Drop-in Session #1: Saturday, February 27

Time: 2 to 5 p.m.

Location: Sunalta School, Gym – 536 Sonora Ave. S.W.

Drop-in Session #2: Thursday, March 10

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

Drop-in Session #3: Saturday, March 12

Time: 10 a.m. to 1 p.m.

Location: Queen Elizabeth (Senior) High School, Auxiliary Gym – 512 - 18 St. N.W.

In addition to the events above, similar drop-in sessions for residents, businesses and other stakeholders located within a block of Crowchild Trail have been scheduled in February. These invite-only events provide those with homes and businesses in close proximity to Crowchild Trail an opportunity to participate in the same sessions with others who share their unique perspective or concerns.

An opportunity to provide feedback online will also be available in late February.

For more information about this study and opportunities to provide your input, visit calgary.ca/crowchild.



Aztec emperor Montezuma drank 50 golden goblets of hot chocolate every day. It was thick, dyed red and flavored with chili peppers.

IN & AROUND CALGARY

Clearing Snow and Ice from Sidewalks

Clear and safe sidewalks are essential for many Calgarians, especially those with disabilities, older adults, and children who walk to and from school. Under the Street Bylaw 20M88, the owner(s) and/or occupant(s) of a private property are required to clear snow and ice from sidewalks in the front or to the side of their property within 24 hours of a snowfall. If the sidewalk is not cleared within that time, The City may have the snow and ice removed from the sidewalk at the property owner's expense. If you own a rental property, you are responsible for ensuring that adjacent sidewalks and pathways are cleared.

Snow Angels

Keeping sidewalks shoveled, ice-free and safe can

be very challenging for older adults and other Calgarians who have limited mobility. The Snow Angels campaign encourages citizens to clear snow and ice from the sidewalks of their neighbours who may be less able to do it themselves. Watch for people in your neighbourhood who could use help removing snow and ice and lend them a hand. For more information please visit www.calgary.ca/snowangels.

Tips for Shoveling Snow and Ice

- Stretch before you begin to shovel;
- Keep warm and wear layered clothing;
- Use an ergonomic shaped snow shovel to help reduce back pain and make shoveling easier;
- Space your hands on the shovel to increase leverage;
- Lift with your knees, not your back;
- Clearing snow soon after it falls can prevent snow and ice from building up on your sidewalk;
- After removing the snow, you can apply road salt/de-icer wherever necessary. This makes it easier for pedestrians to walk past your house;

Nestle into nature this Family Day weekend

Family Day is a great time to reconnect with loved ones - a time to slow down, focus on family and create lasting memories together. Finding activities for the holiday weekend that everyone will enjoy can be challenging, but rest assured, this year it will be a walk in the park.

The City of Calgary will be hosting free We Are Family events throughout the Family Day weekend at three of Calgary's beautiful parks. Grab your skates and join us on Saturday, February 13 at Carburn Park or Sunday, February 14 at Prince's Island Park for ice skating, fireside nature activities and family-friendly fun.

If you prefer an indoor celebration, drop by Devonian Gardens, Calgary's downtown tropical oasis, on holiday Monday, February 15. We will have entertainment for all ages, including nature games, crafts and a variety of animal furs and bones to see and touch.

All events run from 11 a.m. to 3 p.m.

For more information about our We Are Family events, visit calgary.ca/parks.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 13

Banff Trail mybabysitterlist

Name	Age	Contact	Course
Kaiya	12	403-805-1446	Yes
Hanna	12	587-580-5733	Yes
Annabel	12	403-616-6489	Yes
Maria	13	403-467-2760	Yes
Maxine	13	403-455-8427	Yes
Madison	13	403-850-6001	Yes
Kiera	13	403-922-6067	Yes
Claire	13	403-830-0060	Yes
Ava	13	403-279-2083	Yes
Quinn	13	403-230-7530	Yes
Angela	14	403-288-3410	Yes
Janessa	14	587-830-6585	Yes
Miriam	14	403-774-8880	No
Faris	14	403-402-0950	Yes
Grace	15	403-282-8823	Yes
Sebastian	15	403-971-1986	Yes
Sarah	15	403-660-0319	No
Kathryn	15	587-891-5671	Yes
Sarah	15	587-223-3339	Yes
Shy-Lynn	15	587-899-2766	Yes
Anna	16	587-969-5335	Yes
Ruby	17	403-289-3232	No
Ariel	17	587-968-3526	No
Cecilia	17	587-223-1330	Yes
Teaghan	18	403-560-0238	No
Duncan	18	403-500-9826	Yes
Makenzie	18	403-796-7733	Yes
Maddy	18	587-888-7298	Yes
Maddy	18	587-888-7298	Yes
Eugene	18	403-703-4488	Yes
Rachel	19	403-862-3026	Yes
Elise	19	403-993-6152	Yes
Taryn	19	403-999-1777	Yes
Tory	21	403-971-1061	Yes
Pam�la	21	819-531-2543	No

Jamie-Lyn	21	403-892-0176	No
Carol	21	403-472-9002	Yes
Maggie	21	403-605-8598	Yes
Maia	21	403-804-7834	Yes
Siobhan	22	403-923-9499	No
Andrea	23	403-465-0933	No
Megan	24	403-861-3718	Yes
Sydney	24	403-993-5441	Yes
Alison	24	587-999-1278	Yes
Blaise	24	587-223-8583	Yes
Genevieve	25	581-307-6165	Yes
Josefa	25	587-437-1252	Yes
Chandria	26	587-227-4107	Yes
Chantelle	27	403-354-7370	Yes
Camila	27	403-680-0942	No
Lindsay	29	403-383-1474	No
Andrea	30	587-437-2048	Yes
Amber	30	587-438-4789	Yes
Dayelle	32	587-755-1878	No
Antares	33	403-383-2527	Yes
Alexandra	33	587-432-7977	Yes
Rowena	41	587-894-0713	Yes
Todd	44	403-585-8463	Yes
Maria	45	403-818-0560	No
Iffat Noreen	57	587-353-9949	Yes

Calling All BABYSITTERS
 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.



CALGARY WILDLIFE



Tiger in the Sky

Article by Cheryl Bowman
 Photo by Niket Sura

The Great Horned Owl is the most common owl in North and South America. These magnificent birds are most recognized by their ‘plumicorns’ which resemble horns or cat like ears. These raptors are very adaptable using several different types of hunting skills to capture their prey as well as having a wide variety of prey.

It is this adaptability for hunting that they received their nickname ‘Tiger in the Sky’. The Great Horned Owl will dive, wings bent, talons outstretched to silently capture unsuspecting prey, including prey that outweighs the bird itself. They also swoop low along the ground to grab any variety of smaller prey and interestingly they are known to walk along the ground to capture yet other types of prey.

The Great Horned Owl is a solitary bird except for mating. It is at this time that the smaller male owl will roost close to the nest of the larger female until all the young fledge, and at this time will again leave. The owls do not build their own nests but rather prefer other bird nests.

The most common injury the Calgary Wildlife Rehabilitation Society sees in these raptors are injuries from window strikes or of being hit by a vehicle. Owls that are

received with injuries from window strikes have a better chance of rehabilitation. Owls brought in with injuries from a vehicle strike are more difficult to rehabilitate due to broken bones and open fractures.

Should you find an injured Great Horned Owl, please call the Calgary Wildlife Rehabilitation Centre at 403-266-2282 as soon as possible for further instruction. These are powerful birds and must be handled with care, however every moment counts.

If you catch a glimpse of the Great Horned Owl in their natural environment, remain quiet and still and enjoy the wonder of this beautiful Tiger in the Sky.

BRAIN GAMES SUDOKU

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

Insect Trivia



MARCH 5 BLITZ SNOWSHOE FUN RUN — LAKE LOUISE

Snowshoeing is one of the fastest growing outdoor winter activities. Get involved in the trend and participate in a 5 kilometre of 10 kilometre snowshoe fun race. www.snowshoe.blitzevents.ca



MARCH 5 TO 6 ALGARY MAPLE FESTIVAL DES SUCRES

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. www.calgarymaplefest.com



MARCH 18 TO 28 SPRING RALLY IN THE ALLEY

This annual, family-friendly event offers a range of activities centered around different modes of transportation. www.heritagepark.ca



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **January 16 to May 31 - Body Worlds Vital:** The exhibition celebrates the living human body and allows visitors to learn about human anatomy in a far more real way than any textbook. www.sparkscience.ca
- **March 3 - The Harlem Globetrotters:** The Harlem Globetrotters, a world-famous exhibition basketball team, combines athletic feats and teamwork with theatre and comedy. www.harlemglobetrotters.com
- **March 3 - Sgt. Pepper's Lonely Hearts Club Band:** The Art of Time Ensemble is a chamber group that merges chamber music and pop music in this concert. The ensemble reinvents The Beatles' soundtrack to The Summer of Love. www.calgaryphil.com
- **March 4 to 13 - The Big Taste:** Each year for The Big Taste, a number of Calgary restaurants offer prix fixe menus, giving Calgarians the chance to try the best of what each restaurant offers. www.calgarydowntown.com
- **March 5 - The Black and White Ball:** Decidedly Jazz Danceworks' annual fundraising party is a black and white evening. Dress up in your finest (make sure it's black or white) and dance the evening away. www.decidedlyjazz.com
- **March 13 to 15 - Earth Science for Society Exhibit:** Earth Science for Society (ESfS) is a free, family-friendly event that is open to the public. It showcases the importance of Earth Science in our everyday lives. www.esfscanada.com
- **March 17 to 19 - ACAD Student's Association Spring Show + Sale:** See what Calgary's up-and-coming young artists have produced during their school year. www.acad.ca
- **March 24 to 29 - Disney On Ice presents Dare to Dream:** Disney princess stories are coming to the ice. The whole family will have fun seeing these favourite stories come to life on the ice rink. www.disneyonice.com
- **March 29 to April 9 - Taking Flight:** Festival of Student Work: Each year, the Taking Flight festival showcases the range of work conceived, directed and performed by University of Calgary graduate and undergraduate students. www.scpa.ucalgary.ca
- **March 30 to April 16 - Macbeth:** Darkness, dishonesty and murder fill Shakespeare's supernatural tragedy Macbeth. Macbeth timelessly highlights how ambition can cause one's downfall. www.shakespearecompany.com

BUSINESS CLASSIFIEDS

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CERTIFIED GEL NAIL ARTIST: Home based business in New Brighton. New full set of French gel nails only \$30.00. Nail polish and design \$10.00. Also offer glitter tattoos and available for girls' nail party bookings. Please call 403-464-8612.

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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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Interesting ARCHITECTURE

The Colosseum is the largest Roman amphitheatre ever built This elliptical amphitheatre in the centre of Rome is considered as one of the greatest architectural feats achieved by the Ancient Romans. The stadium was capable of seating 50,000 spectators and used mainly for gladiatorial games.



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When the snowflakes start flying, the City and Calgarians come together to make the season safe, productive and enjoyable for all.

The City's Roads department works hard to plow, salt and sand roadways on a seven day priority schedule. The Parks department quickly clears designated multi-use pathways within 24 hours. Teams often work overnight to keep the greatest number of Calgarians moving safely. Keeping our roads safe for everyone is also a joint effort between the City and Calgarians. When it snows, make sure to give yourself more time to reach your destination, and leave a greater distance between yourself and the vehicle ahead of you. Please also be extra mindful of people walking and cycling, who may struggle more in difficult conditions. Calgary.ca/snow is the one-stop shop for winter travel tips, the road conditions map, frequently asked questions, updates, and more.

Sidewalks are the responsibilities of adjacent property owners and must be cleared within 24 hours. Unfortunately, not everyone is able to clear her or his sidewalk. Keeping sidewalks clear of snow and ice can be challenging or impossible for seniors and others with limited mobility. Please consider becoming a Snow Angel and helping those who are less able. All you need to do is adopt someone's sidewalk and clear it as you would your own. Watch for neighbours who could use help removing snow and lend them a hand. Visit Calgary.ca/snowangels for more information.

If you have questions on snow clearing, need to report sidewalks, pathways, or roads that are not cleared, or want to recognise the work of a Snow Angel, please call 3-1-1.

For more information, and to sign-up for the Ward 7 e-newsletter, please visit www.druhfarrell.ca.



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Friends,

January provided our office with the opportunity to further connect with our constituents. Our office was closed at the end of December and part of the first week of January, so that our staff could enjoy the holiday season with friends and family, and we hope you had the opportunity to do the same.

Throughout January, we were able to engage more closely with some of our community associations within the Varsity constituency. We had the opportunity to meet with members of the Dalhousie Community Association, and the Brentwood Community Association. Over the next few years I look forward to every opportunity to engage more fully and frequently with our Community Associations, as they are the heart of community building and organization. We also had the opportunity to attend the University Heights Annual General Meeting. We find our Community Association AGM's very informative, as our office continues to build our knowledge of local community programming and services.

As we head into February we are all getting prepared to brave some of the coldest days of the year. This time of year can bring out the "blahs" in many folks, as we long for Alberta's sunny summer months. If any of you find yourself in need of a little extra support for your well being at this time of year I encourage you to reach out. Calgary has many fantastic resources such as the Distress Centre. As always, our office is happy to connect you with a variety of community resources, and can point you to free services and events to help you beat the winter "blahs".

As you may know, I will be welcoming a new member to my family as my husband and I expect our first son at the beginning of February. I want to take this opportunity to assure my constituents that my office and I will continue to serve the community throughout February and thereafter. I am looking forward to introducing each of you to my son when he arrives!

Stephanie McLean, J.D., M.L.A.

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
Kerby Centre for the 55 plus	403-265-0661
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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- ◆ Forty word limit



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News from the Friends of Nose Hill

by Anne Burke

We can preserve nature and foster biodiversity for future generations, by staying on designated pathways and trails in our parks, in addition to respecting wildlife habitat and their migration patterns. The long-range plans are to monitor and manage invasive species (weeds); reduce habitat fragmentation; and link important habitat areas in the city and region.

The city-wide Biodiversity committee has met and a website with agenda and minutes is in the works. In the meantime, digital versions of the 10-year strategic plan can be found on the City's biodiversity page at: www.calgary.ca/biodiversity.

Many of Calgary's existing open space sites, such as Nose Hill, Union Cemetery, Reader Rock Garden, Riley Park, Fort Calgary, and Inglewood Bird Sanctuary are in the category of Cultural landscapes. A major challenge is determining which method is most appropriate for the resource, with a view toward protection, preservation or conservation, and restoration.

Cultural resource projects may include some or all of the following:

- Protection: measures needed to guard against further damage or deterioration;
- Preservation: ongoing maintenance activities that preserve the historic appearance or features of the landscape;
- Restoration: the removal of later additions and the re-creation of missing elements

Of the 800 kms of city-wide pathways, City Council approved snow clearing for up to 350 kms. Generally, City Parks crews are to clear snow on pathways within 24 hours and on sidewalks adjacent to parks within 72 hours. Re: concerns about pathways in natural parks not being cleared, some trails/pathways are best used only in non-winter months. Due to the steepness of the slope or site conditions, there may be safety concerns for potential pathway users and crews.

Environmentally Significant Areas (ESAs) are land with conservation value.

This applies to the river valley system, the urban forest, and natural environment parks. The land includes escarpments, natural grasslands, woodlots, and native pasture but also pertains to wetlands, natural bodies of water, and riparian corridors (along the river margins and banks).

There is an update on Open Space policy for recreational and environmental park spaces. Stakeholder consultation meetings with City Parks staff and industry began in February 2015. A final draft form of impact assessment for ESAs was debated by Council in early 2016. Planning and mapping guidelines are expected and a work program completed by March 2016.

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Banff Trail Real Estate Update Last 12 Months Banff Trail MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$629,394	\$611,000
November 2015	\$808,100	\$793,426
October 2015	\$567,450	\$555,750
September 2015	\$596,528	\$585,700
August 2015	\$626,449	\$605,000
July 2015	\$741,133	\$729,416
June 2015	\$762,175	\$736,875
May 2015	\$673,233	\$649,083
April 2015	\$805,540	\$784,500
March 2015	\$733,675	\$716,875
February 2015	\$850,000	\$850,000
January 2015	\$730,000	\$728,000

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

	No. New Properties	No. Properties Sold
December 2015	10	2
November 2015	2	4
October 2015	8	4
September 2015	9	7
August 2015	9	4
July 2015	3	6
June 2015	10	4
May 2015	12	6
April 2015	3	5
March 2015	7	4
February 2015	8	1
January 2015	2	2
Total	83	49

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

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