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THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



## COMMUNITY ASSOCIATION AGM

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7-9PM AT THE HALL**

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Now that is  
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TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

**We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.**



Making your city  
work for you



Banff Trail Community Association

2115 - 20 Avenue NW

Calgary, AB, T2M 1J1

Phone: 403.282.2234

[contact@banfftrailcommunity.ca](mailto:contact@banfftrailcommunity.ca)

[www.banfftrailcommunity.ca](http://www.banfftrailcommunity.ca)

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## Banff Trail Community Association BOARD MEETINGS

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

Next meetings are May 4,  
June 1, July 6, Aug 3, 7-9pm

*See you there!*

Newsletter Submissions  
June Issue  
Deadline

May  
7<sup>th</sup>

howlereditor@  
banfftrailcommunity.ca

### STAY CONNECTED WITH BANFF TRAIL:

Check out our Website:  
[www.http://banfftrailcommunity.ca/](http://banfftrailcommunity.ca/)

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

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

## Banff Trail Community Association

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

### OFFICERS

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<b>Soccer Coordinator</b>	
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### DIRECTORS AT LARGE

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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.

## BANFF TRAIL MESSAGES

**The Banff Trail Family Babysitting Co-op, which has connected neighbours for more than six years, is closing down in its current form.** A big thank you goes out to Elena Rhodes for leading the group and to Jen Silverthorn, Heather Spicer and Chantal Khan-Paul for their work. We appreciate your efforts to build community and link families together!

**A new informal fitness group for women is being launched — The Banff Trail Community Runners.** Members will pitch runs (or other workouts — hikes, skiing, snowshoeing, etc.) to meet up with like-minded neighbours. Contact Carolyn Fisher at carolynf@telus.net to get involved. Thanks to Karen France for the idea. See you on the running paths!

**Community Kids Soccer Season Starts:** Banff Trail Outdoor Community Soccer is well under way for the 2016 season! The number of players has been climbing each year and we have two teams more than last year. It's great to see all the kids getting exercise, enjoying the fresh air, and developing their skills, teamwork, and making new friends. We appreciate all the volunteers that make this happen!

**Recently thieves have been targeting new housing developments in some NW communities stealing appliances, tools and construction material.** Most of the work takes place during daylight hours and cease before 10 p.m., as per the noise bylaw. If you live near a new housing development and notice any suspicious activity outside these hours you are encouraged to phone the Calgary Police Service through the non-emergency line at 403-266-1234. If you witness a crime in progress please hang up and dial 9-1-1. If possible, obtain a physical and clothing description along with a direction of travel of any suspicious individuals. This information is crucial for responding police officers. You may also report crime anonymously at CrimeStoppers at 1-800-222-8477.

**Banff Trail Community Garden Membership:** Spring is upon us and soon the beds behind the Banff Trail Community Association will be blooming with fresh flowers,

fruits, and vegetables. The Banff Trail Community Garden is a volunteer run garden for Banff Trail Community residents. It offers individual plots and communal planting areas. We take great pride in maintaining this beautiful oasis in the heart of the community. If you are interested in becoming a member, please contact dana.banfftrail@yahoo.ca. There is currently one bed available, and we are taking names for a waiting list.

## 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](http://www.banfftrailcommunity.ca)

## Rink Project Update

About five years ago the BTCA identified the need to replace our aging outdoor rink. Over the last year the project has gained serious momentum through landing a major grant from the Federal Government and just recently an additional grant of \$125,000 through the Province under the Community Facility Enhancement Program (CFEP). The BTCA is sitting in sound financial position to complete the project this year. The project is being led by the rink project committee consisting of a great group of volunteers with a variety of technical and project management expertise.

An architectural and engineering firm has been contracted to assist with the design and permitting of the new rink which will sit roughly on the same location as the existing rink. Through a second grant obtained recently for \$5,000, the same firm will be working with the committee to provide conceptual drawings for better integration of the rink, our lease and the park land that surrounds. We'd like to thank the PartnerParks Conceptual Drawing Grants program and the Parks Foundation for the grant!

Some activities like surveying have already been initiated and demolition of the old rink will probably start in May. We are anticipating completion of the new rink by late summer in time for winter 2016/2017. Keep your eyes peeled for activity this summer!

## IN & AROUND CALGARY

### Important Information for Calgary Homeowners

Are you a new homeowner? When your home is built, City of Calgary inspectors ensure it is safe and meets Alberta's safety codes but a technically-sound building depends on many factors beyond following building regulations.

As a homeowner, you should ask many questions about the quality, safety and bylaw rules about your home before you move in.

The City's new web guide for Calgarians offers tips and important information about home maintenance, renovations, inspections, development rules and more. Visit [calgary.ca/myhome](http://calgary.ca/myhome).

BRAIN  
GAMES

## SUDOKU

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FIND SOLUTION ON PAGE 13



## Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email [sandra.cramer@albertaguidedogs.com](mailto:sandra.cramer@albertaguidedogs.com).

Photo Credit: Alberta Guide Dogs



### Help shape the future of the University of Calgary's main campus

The University of Calgary invites public feedback on the final draft of its **long range development plan for the main campus**.

Join us at our second open house:

o **May 26, 2016**

5:30 p.m. to 8 p.m.

Foothills Mennonite Church  
2115 Urbana Rd. N.W.

Visit [ucalgary.ca/campusforward](http://ucalgary.ca/campusforward), and to view feedback on the first open house held in February 2016.

**CampusForward**  
MAIN CAMPUS LONG RANGE  
DEVELOPMENT PLAN



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Ken,  
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Home. It's where we live. It's the feeling we get from freshly folded laundry in our bedroom. It's playing the piano and singing with friends and it's shared moments over dinner with family. It's feeling healthy, eating well and enjoying the community we savour with other great people. It's looking forward to a little exercise and some laughter at the pub afterwards.

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Calgary



## Have you verified your property information?

You should have received a letter recently with information to access a new online service. This convenient and secure service allows you to easily verify and update your property information online.

You will need:

- A personal **myID account**
- The **roll number** on your letter
- The **access code** on your letter

Go to [calgary.ca/assessmentsearch](http://calgary.ca/assessmentsearch) to get started.

For more information: **Telephone:** 403-268-2888  
(Monday to Friday; 8 a.m. - 4:30 p.m.)

**Web:** [calgary.ca/assessment](http://calgary.ca/assessment)



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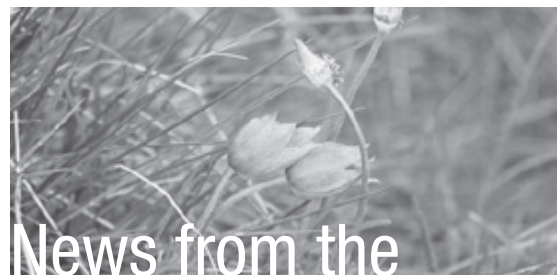
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## News from the Friends of Nose Hill

by Anne Burke

International Migratory Bird Day is on May 8. Continual monitoring is required to maintain accurate, current information on their status around the world. Go to [www.naturealberta.ca](http://www.naturealberta.ca) for Alberta birds at risk.

Ordinary people with an interest in wildlife, plants or species can help. Citizen science programs combine learning, field work, and volunteer research. Projects can be about insects, frogs and toads, birds, mammals, plants, water, and more.

There are local clubs and annual count events, such as the species count of birds during May at various locations around Alberta. The flower blooming count is the last week of May. Everyone is welcome to participate. For botany details, email [svisser@ucalgary.ca](mailto:svisser@ucalgary.ca).

Our Facebook group is busy reporting on wildlife sightings, identifying plants, and how early the crocus appeared on the John Laurie side, off the 64 Avenue entrance, and near the top above Charleswood Drive. Alberta Plant Watch is part of the national Canada Watch program. By reporting when certain plants bloom, volunteers contribute vital information for climate change studies. We now have almost 3 decades of information.

Go to [www.plantwatch.naturealberta.ca](http://www.plantwatch.naturealberta.ca).

Participation can be as easy as just looking for flowers in bloom and recording information about it on a data sheet and taking a picture; or go online to identify unusual or difficult plants.

Full colour photos are on our website. You can now report your observations and locations easily online. You can also use your smart phone to report data by your phone's GPS, and/or to send a photo of your plant. Please submit count results by June 30, 2016 for the May Flower Count -May 25-31.

**Mark your calendars now for Nose Hill clean-ups on Saturday, June 18 and July 30 at the Edgemont parking lot (Edgemont Blvd. & Shaganappi Tr.) 11 a.m. to 2 p.m. where pick-up bags are given out to park users. Parks staff and Bylaw officers will be on hand. Individuals and groups are welcome for this PUPPY program.**

**You can volunteer to be a Park Interpreter for Nose Hill from June to October if you love to tell a story and have an interest in environment, natural history, local plants, and wildlife. Must be 18 years of age or older. Training provided. Call 311 or apply online at [www.calgary.ca](http://www.calgary.ca).**

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

• **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. [www.ginapalooza.com](http://www.ginapalooza.com)

• **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. [www.rainbowsociety.ab.ca](http://www.rainbowsociety.ab.ca)

• **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. [www.revv52.com](http://www.revv52.com)

• **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. [www.calgaryphil.com](http://www.calgaryphil.com)

• **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. [www.bigrockbeer.com](http://www.bigrockbeer.com)

• **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. [www.calgaryukrainianfestival.ca](http://www.calgaryukrainianfestival.ca)

• **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. [www.heritagepark.ca](http://www.heritagepark.ca)

• **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. [www.vintagewithflair.blogspot.ca](http://www.vintagewithflair.blogspot.ca)

• **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. [www.sledisland.com](http://www.sledisland.com)

### JUNE 1 AND 2 POPS IN THE PARK

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. [www.calgaryphil.com](http://www.calgaryphil.com)



### JUNE 5 LILAC FESTIVAL

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. [www.lilacfestival.net](http://www.lilacfestival.net)



### JUNE 24 TEDXYYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. [www.tedxyc.ca](http://www.tedxyc.ca)



JUNE



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the extraordinary grace of God

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## IN & AROUND CALGARY

### Crowchild Tr. Study - Mark your calendar for June events!

See the preliminary concepts and evaluate them against the project goals established in Phase 2 of the study by attending one of the public workshops below. RSVP to open Saturday, May 21. These events are part of **Phase 4: Concept Evaluation** of the study process.

#### Workshop #1: Monday, June 13

Time: 6 to 8:30 p.m.

Location: West Hillhurst Community Association - 1940  
6 Ave. N.W.

#### Workshop #2: Saturday, June 18

Time: 9:30 a.m. to noon

Location: Sunalta School - 536 Sonora Ave. S.W.

#### Workshop #3: Wednesday, June 22

Time: 6 to 8:30 p.m.

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

Workshops for residents, businesses and homeowners located within one block of Crowchild Trail are also scheduled in June. These invite-only events provide the opportunity for them to share their unique concerns and perspectives before the broader community.

The project team will use the evaluation to identify a set of recommendations for Calgarians to provide feedback on in Phase 5: Concept Selection and Recommendation in the fall.

If you're unable to attend one of the workshops, other engagement events are scheduled throughout June. There will also be an opportunity to provide your feedback online. For a complete list of engagement opportunities or to RSVP, go to [calgary.ca/crowchild](http://calgary.ca/crowchild).



# University of Calgary Long Range Development Plan (LDRP)

Over the past four months, the University has engaged community stakeholders, such as representatives of the various Community Associations surrounding the University, in a series of workshops to develop ideas that will be used as part of the university's Long Range Development Plan. A long range development plan guides future decisions for physical planning on the land the University owns or leases. In addition to the stakeholder workshops, a public open house was held in February, with a second open house planned for June.

The February public open house examined themes such as open space on the University campus, the creation and use of pedestrian and bicycle pathways, vehicle and parking systems (including transit options) and overall land use options for the main campus. Feedback provided at the open house included mixed opinions regarding increasing the residential density near the University LRT station, providing more and better bicycle access and storage and reducing potential pedestrian / bicycle conflicts on campus. A topic raised that may be of particular interest to Banff Trail residents was strategies to discourage student parking in front of residential housing in neighbourhoods surrounding the main campus.

The university is aiming to complete consultation activities in summer 2016 with the final LRDP for the main campus approved by the University's Board of Governors by December, 2016.

You can find out more, including how to get involved in the June open house, at [www.ucalgary.ca/campusforward](http://www.ucalgary.ca/campusforward).

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IN & AROUND  
SCHOOLS

Capitol Hill School  
Outdoor Project

By CPS Outdoor Playground Committee

The Capitol Hill School (CPS) grounds are a focal community space. The parent council at CPS wants to create another hub for community activity and create a functional, useful, engaging spaces.

The Capitol Hill School Outdoor Project aims to enhance the Outdoor Learning Environment at Capitol Hill School by transforming a rather uninspiring school field into outdoor classrooms, play spaces, quiet areas, naturalized areas and a dedicated growing space Greenhouse (with the ability to grow all year—round) to be the focus of horticultural learning for the students. The improvements will be not only for school use but also for all ages of the neighbourhood at large to use and enjoy. We aim to further the benefits of community living and interaction for all who will use the space.

Additions to the school property include natural elements such as two outdoor rundle rock amphitheatres, aspen forests, trees, rocks, and berms, improved pedestrian safety infrastructure (pathways and sidewalks), benches and picnic tables, and a greenhouse.





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Fundraising

Monetary donations can be made through Parks Foundation. All donations over \$25 are eligible for a tax receipt. You can donate online at [www.parksfdn.com/communityledprojects](http://www.parksfdn.com/communityledprojects). When donating online please include Capitol Hill School Outdoor Project in "comments to the Seller". Or you can mail in a cheque by filling out the donation form found at [www.parksfdn.com/takeaction](http://www.parksfdn.com/takeaction). Please ensure you include "Capitol Hill School Outdoor Project" in the notes on your cheque, so that your donation goes towards this project.

In-kind donation of labour. Please send an email to [taniawildman@gmail.com](mailto:taniawildman@gmail.com) if you wish to help out with the installation of this project. The anticipated installation date is fall of 2016.

What Your Monetary Donation Can Provide



If you have any questions, please email [taniawildman@gmail.com](mailto:taniawildman@gmail.com)

**Animal Trivia**



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**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

**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.

**YARD BUSTERS LANDSCAPING:** Weekly lawn mowing \$36, power-rake \$100, aeration \$45. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

**TLC CLEANING:** Over 18 year's experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your piece of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

**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](http://www.communitymediation.ca), 403-269-2707.

**BRAIN GAMES**

**SUDOKU**

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

# 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**

*Art of the world*



**The Starry Night** is an oil on canvas by the **Dutch post-impressionist painter Vincent van Gogh**. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.

## 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**



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In a growing and maturing city, change is constant. Change, in the form of City-led public projects and private developments, is important to building a resilient city. The inclusion of local wisdom improves these projects to better address the hopes and needs of current and future Calgarians.

On significant projects, sufficient public consultation is considered an essential public right, as well as a key responsibility of government. Over the years, I have seen both good and bad examples of public engagement. I firmly believe that progress happens at the speed of trust.

In 2011, I introduced a motion to City Council requiring The City to improve the quality and consistency of public consultation. While some progress has been made, Council further discussed public engagement at a recent strategic planning session to learn how we can do better.

For public engagement to achieve its objectives, it is important for everyone involved to understand the rights and responsibilities associated with their roles. Organizers should start by providing notification to affected stakeholders to solicit as much feedback as possible. The terms of engagement should be established up-front. Whether the engagement is led by The City, community or developer, organizers must facilitate an open, objective and respectful dialogue where all par-

ticipants feel safe to express their views. Two great examples are the Crowchild Trail Corridor Study and the Bow to Bluff project.

The organizer must outline the decision-making process, including the current status, the scope of the project, and answers to commonly asked questions: What is on the table? What decisions have already been made? What is the background of previous decisions? How will future decisions be made? Feedback should be documented, carefully considered, and included in a report back to the public. Offering this level of transparency produces credibility for the project and builds trust.

Organizers should also structure engagement to fit the scope of the project. More opportunities and multiple ways to provide feedback are needed on large city-shaping projects like a new CTrain line, as compared to smaller projects like local traffic calming.

Public participants share in some important responsibilities. The first is to understand and respect the terms of engagement, as well as the subject matter. Participants also have a responsibility to listen and contribute respectfully. Intimidation at public meetings may discourage earnest participation, with disenchanted participants leaving the process. We need to ensure the quiet voices are heard too.

At Council's recent strategy session, we talked about the number of large projects on the go and the risk of consultation fatigue. City staff agreed to work on a more co-ordinated approach, combining engagement on several related projects.

It is clear to me that City Council and staff still have more work to do on improving the public engagement process, but I am confident that we can learn from our best examples to ensure all voices are heard in a respectful manner.

## First Church of Christ, Scientist

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 www.christianscience.ab.ca**



# IT'S HAPPENING IN BANFF TRAIL

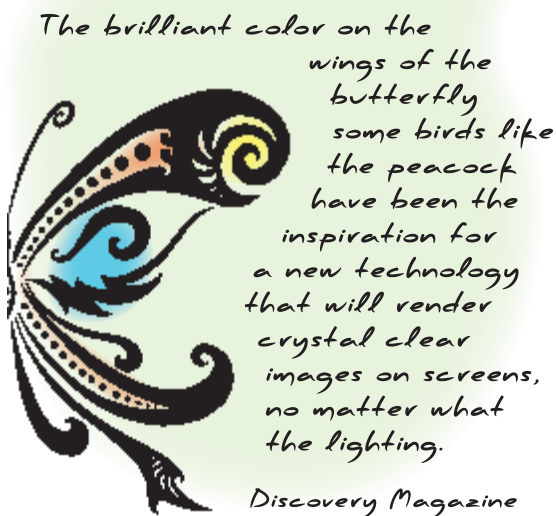
Remember, [www.BanffTrailCommunity.ca](http://www.BanffTrailCommunity.ca) is the place to look for short-notice events and more Community info. Check out our event calendar and interactive community map! We are also on Facebook now too: <https://www.facebook.com/BanffTrailCommunity>

## 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](mailto:andreadawe.zumba@gmail.com). Come join the party and dance yourself fit! No experience necessary!

## Insects and Technology



**Qigong** is back on Mondays from 10:00 a.m. to 11:30 a.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](http://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](mailto: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.

## 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.

## Sweater Sale

Minkha Bolivian Women's Co-op  
June 3 (3pm-8pm) and June 4 (10am-4pm)  
Parkdale United Church: 2919 8 Ave NW, Calgary

**Banff Trail AGM** – Thursday June 9, 7pm at the Hall

**BBQ** – the biggest event of the year! Food, Music, and oodles of fun for kids and adults. Thursday, July 7

## 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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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

## 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](mailto:howlereditor@banfftrailcommunity.ca).

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Banff Trail's second annual Wine and Cheese took place on April 2nd! It was an elegant evening filled with a variety of new wines to try, excellent cheeses, and new friendships among Banff Trail residents. The evening was capped off with door prizes for those who came. It was a lovely follow up to last year's successful event, and next year promises more of the same! A big thank you to Highlander Wine and Spirits, Springbank Cheese Company, and all of the volunteers and residents in Banff Trail who made the evening possible!

We would also like extend our thanks to Randy Kaltenbach for displaying his glassware.

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# Gentle Yoga

## for Pain Relief at Banff Trail

By Margau Perko, Certified Yoga Teacher

The experience of physical pain can affect our range of mobility, balance, the breath and even our ability to relax. This gentle yoga class blends together breath awareness, relaxation techniques and movements to strengthen muscles and increase mobility for anyone who is challenged by illness or the stiffness that comes with age, repetitive stress or injury. Meditation is also incorporated into the practice, a technique known to calm the pain centre in the brain and to increase the ability to deal with stress.

This class can help teach you how to focus your mind to change your experience of physical pain. It can teach you how to listen to your body and to transform feelings of frustration, fear and sadness. It can give you the sense of control, safety and courage that you need to move past your experience of pain, so that you can participate in the activities that matter to you.

**Testimonials from students:**

*"Since taking the gentle yoga class, I've noticed that I have increased strength and mobility. And I feel less pain in my shoulders and legs."*

*"My posture has improved because I am more aware of my body and my breathing."*

*"My balance and coordination are getting better."*

*"Learning to breathe correctly has helped me to release tension and to relax more."*

Gentle Yoga is perfect for people of all ages and abilities and no previous experience is required. If you experience pain and would like to improve your quality of life, come join us and have some fun too! Check out the "What's Happening in Banff Trail" for more information.

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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
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
October 2015	\$564,950.00	\$550,000.00
September 2015	\$609,900.00	\$600,000.00
August 2015	\$605,450.00	\$592,500.00
July 2015	\$727,450.00	\$712,500.00
June 2015	\$749,850.00	\$730,000.00
May 2015	\$674,900.00	\$650,250.00
April 2015	\$849,900.00	\$838,000.00

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

	No. New Properties	No. Properties Sold
March 2016	12	5
February 2016	7	4
January 2016	3	3
December 2015	7	2
November 2015	2	4
October 2015	8	4
September 2015	9	7
August 2015	8	4
July 2015	3	6
June 2015	10	4
May 2015	12	6
April 2015	3	5

To view the specific SOLD Listings that comprise the above MLS averages please visit [banff\\_trail.great-news.ca](http://banff_trail.great-news.ca)

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