

NOVEMBER 2016

DELIVERED MONTHLY TO 1,800 HOUSEHOLDS

your **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



MALIGNE LAKE, JASPER
BY NORENE PROCTER

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STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

| | WHAT | HOW | WHEN |
|----------------|---------------------------------|---|---|
| 01 GROW | Grow a Mo, save a Bro | The moustache is our ribbon for men's health | For the 30 days in the month formerly known as 'November' |
| 02 MOVE | Get active for men's health | Raise funds for men's health while you do something good for your own health | Anytime, anywhere, during the month of November |
| 03 HOST | Throw or go to a Movember event | Any excuse for a good time. Events are a great way to have fun and raise funds for men's health | Anytime, anywhere, during the month of November |



Banff Trail Community Association

2115 - 20 Avenue NW

Calgary, AB, T2M 1J1

Phone: 403.282.2234

contact@banfftrailcommunity.ca

www.banfftrailcommunity.ca

CONTENTS

| | |
|-------------------------------|----|
| Banff Trail Messages | 5 |
| President's Message | 6 |
| Banff Trail Harvest Fair | 7 |
| It's Happening in Banff Trail | 8 |
| Why doctors recommend Yoga | 9 |
| Real Estate Update | 16 |
| My Babysitter List | 19 |

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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 meeting is November 2, 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
December Issue
Deadline

November
7th



howlareditor@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 Community Association

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

OFFICERS

| | |
|--|--|
| President Barry Clement | president@banfftrailcommunity.ca |
| Vice-President Bea Koslowski | vicepresident@banfftrailcommunity.ca |
| Treasurer Nadine Weller | treasurer@banfftrailcommunity.ca |
| Secretary Gianna Cassell | secretary@banfftrailcommunity.ca |

DIRECTORS

| | |
|--|--|
| Hall Maintenance Alfred Wright | 403 246-2232 |
| Planning & Development Katherine Davies | development@banfftrailcommunity.ca |
| Communications Committee John Bannerman | 403-809-5036 communications@banfftrailcommunity.ca |
| Programs & Special Events Wanda Rose Beatrice Kozlowski | |
| Hall Manager Eileen Arthur | 403 282-2234 hallmanager@banfftrailcommunity.ca |

VOLUNTEERS

| | |
|--|--|
| Memberships Natasha Freedman | 403 454-7369 memberships@banfftrailcommunity.ca |
| Soccer Coordinator Kerstin Plaxton | soccer@banfftrailcommunity.ca |
| 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.

BANFF TRAIL MESSAGES

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!

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.

Howler editor wanted! Contact us if you're interested in this volunteer position.

Halloween costume exchange - all ages and sizes can bring costumes ("G" rated only, please!) to exchange. Watch for more details!



For Women

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!

Community Garden

You may have noticed the beautiful space behind the Banff Trail Community Centre. 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 or learning more about the garden, please contactbtcommunitygarden@gmail.com.



First Church of Christ, Scientist

All are Welcome

The Heart of Christian Science is Love. In Christian Science, this is more than worship; it's about the practicality of learning to love God supremely and to love others as ourselves.

Join us

Sunday morning church service and Sunday school at 10:00 am and Wednesday at 7:30 pm for weekly Testimony meeting 2603-19 Street NW

403 266-3787 or fccs@shaw.ca
www.christianscience.ab.ca

PRESIDENT'S MESSAGE

I often feel that we're spoiled in this community in the winter. When it snows, we get the beautiful effect of living in a postcard village with all of our mature trees and classic homes, but we also get the benefit of living next to quickly-cleared thoroughfares and the C-train, so we can still get around. It's an excellent combination.

There has been lots going on the past month:

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.

Look out for a **Board game Night** at the community hall! **Friday November 18th**. Free for members. Bring your favourite games!

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. **If you're looking for a way to help your community, working a casino has the highest impact for your time. A few volunteer hours corresponds to thousands of dollars of funding. Contact president@banfftrailcommunity.ca to help out.**

Development in the community has already accelerated in response to the **Banff Trail ARP** (Area Redevelopment Plan). There has been an increasing number of rezoning applications, and **our first set of row-housing** has been proposed. If you are interested in learning more, or helping guide the development in the community, I urge you to contact Kathryn Davies, our Development volunteer, at development@banfftrailcommunity.ca

The **Skating Rink Project** is in full swing, however due to increasing complexities in the permitting process with the city, and tricky design considerations, we may miss the season to pour concrete this fall. We're doing what we can to schedule construction such that we still

have the old rink to skate on this winter, but our fingers are crossed that it works out.

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.

Seedlings **Spanish preschool**, sadly, was subject to permit delays with the city as well, and won't be starting until January. In the meantime, the basement is available for your bookings anytime.

Spring soccer is looking for a new coordinator for next year. It's nice and seasonal, and uses a nice online system for the heavy lifting. If you're interested, please email soccer@banfftrailcommunity.ca.

Our winter events often include a sing-along, beer and board games, potlucks, skating, and more. If you have any ideas for an event, or would like to participate in one, 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, TCA President

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.

Banff Trail Harvest Fair

BanffTrail's annual Harvest Festival was Sept 17th, and it did not disappoint. We enjoyed a beautiful sunny day (for the most part), and had a great turn out of local and surrounding community residents. There were all sorts of fun activities, including a petting zoo, face painting, a live band, a bouncy castle, carnival games, and of course, LOTS of delicious food made entirely by our garden volunteers! This year's food theme was soup, and it was a massive spread of 16 different soup varieties!

We were also delighted to have a number of fantastic information booths at the event, including Tree Frog Tree Care, offering sound and useful tips for all sort of tree and garden questions; a local beekeeper, who brought a travelling hive and locally made honey; and the Calgary Public library, with a myriad of books and program information for readers of all ages.

We would like to thank all of the wonderful volunteers who made this event possible. A big thank you to both our MLA Stephanie McLean, and to our Alderman Druh Farrell, who came out to enjoy the event despite very busy schedules!

Thanks to everyone who came out to the event! We'll see you next year at the Harvest!



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!

BTCA 'board games night' on Friday November 16 6-10pm – join us for an evening of games and refreshments! Karate and Kobudo **add** Thursday 7 - 8 p.m.

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: hiroe.zumbafitness@gmail.com. (Fall Session starts Sept. 8th)

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

Why doctors recommend Yoga

by Margau Perko, Certified Yoga Teacher

Many of our students are encouraged to join yoga classes by their doctors. Medical professionals realize that a regular yoga practice can help to relieve symptoms of illness and assist in the healing and prevention of a variety of ailments. Some of these include high levels of stress, fatigue, lack of sleep, low energy, reduced stamina, stiffness, pain (back, wrists, neck), headache, eye strain, poor concentration, injury and disturbances in breathing.

Yoga is effective at every stage of life and it benefits both the body and the mind. Good physical posture is essential and we address this with a carefully designed yoga program. Breathing techniques and guided relaxation help to increase mind and body awareness. As flexibility of the body and agility of the mind improve through yoga practice, students are instilled with a sense of wellness and confidence.

Some of the most common improvements in overall health from a regular yoga practice include:

- Improved strength, coordination and balance
- Less pain and increased range of mobility
- Enhanced immune and lung function
- Higher energy levels
- Improved brain function
- Lower blood pressure
- Less stress and anxiety-related illness

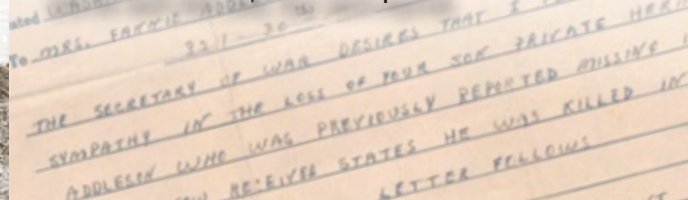


- Reduced need for medication
- Better sleep and increased relaxation

A regular yoga practice encourages greater vitality of our life force, keeping us healthier, more energized, balanced and creative. See 'It's Happening in Banff Trail' for more information.



1.1 million Canadians served in the Army, Navy and Air Forces over the course of WWII; 45,000 Canadians died and for each that died, four were injured.





How To Get Mom To Agree To A Pet Lizard!

I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. "The boys wanted it"; this is the story my husband gets and I'm sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called "Gecky".

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can't even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve's veggies and fruit into pieces "smaller than the distance between his eyes". Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don't limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you're considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won't be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

Jennifer L. Scott, D.V.M.

Call For Articles

If you would like to write a piece for the Banff Trail Howler, please email your submissions to howleditor@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!



Dr. Christine Lilge Dr. Lauren Vredenburg Dr. Jennifer Maguire

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1910-20th Ave NW, Suite 206
(one traffic light north of 16th Ave Home Depot)
403-284-3061

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**

DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info www.glenbow.org/programs



NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info www.aspencrossing.showare.com/eventperformances



DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



DECEMBER

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunchbox Theatre: It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunchbox Theatre. More info www.lunchboxtheatre.com

Dec. 2 – 4 The International Christmas Market at Spruce Meadows: Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit – just in time for the holidays. For info www.sprucemeadows.com/christmas_market

Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park: Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info www.heritagepark.ca

Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall: This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info www.calgaryphil.com

Nov. 26 – Jan. 8 Lion's Festival of Lights: The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafritz, Creative Intelligence Agency. More info www.lionsfestivaloflights.ca

Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer: Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info www.marketcollective.ca

IN & AROUND CALGARY

EMS: Yielding to Emergency Vehicles

Time is the enemy in any emergency. For everyone's safety it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one!) before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders or left hand turning lanes in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way.
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00.
- Always leave plenty of space between your vehicle and an emergency vehicle should it be required to stop suddenly.

Calgary Northwest Events

Remembrance Day at Kensington Legion

Services are held at many branches of the Royal Canadian Legions in the city. This year, at the Kensington location the ceremony is followed by lunch and refreshments.

Doors for the Kensington Legion service open at 9:30 am. and close at 9:45; the service begins at 10:45 am. 1910 Kensington Rd. NW. For more info www.legion.ca

St. Andrews Heights Artists' Society 2016 Fall Art Show

Local artists will present their new work at the society's annual Fall Art Show on Nov. 26, from 10 a.m. to 4 p.m. You can meet the artists and also win a great door prize. Parking and admission are free. For more information visit www.atsahas.ca.

Green Calgary's Green Kids Saturday Drop-In Program

Sat. Nov. 5, 19 and 26, 2016. 11am -1pm. Videos, hands-on learning activities, crafts and games involving environmental topics for kids 3-10 and their families. Drop in program, all children must be accompanied by one adult, fee by donation. For more info www.greencalgary.org.

Fall Studio Members Pottery Sale: Nov. 6, 10 am–4pm. Now in its 33rd year! Excellent prices and variety, a great opportunity to purchase local artists' work for unique presents. Come early and bring something to carry your treasures. Cash, cheques and credit cards accepted. Triwood Community Association Hall, 2244 Chicoutimi Drive NW.

Free Skate at Shouldice Arena The arena is open for public skating Friday, November 11, 2016, 1–2:30p.m. Address: 1515 Home Rd. NW

Stuff A Bus Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

Free Swim at Thornhill Aquatic and Recreation Centre Friday, November 11, 2016, 1–4:30p.m. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. 6715 Centre St. NW

Finances 101 with Jill (CPA) at Tuxedo Park Community Hall 6:30pm-7:30pm, free to attend, all welcome. October 26, 2016 – Ten Healthy Habits of Financial Management.

November 23, 2016 – Saving Strategies: Easy Concept, Difficult Reality.

To register or for more information hallrentals@tuxedoparkcommunity.ca or 403-277-8689.



News from the Friends of Nose Hill

by Anne Burke

Our annual general meeting is on Wed. Nov. 16 at Triwood Community Centre NW and the public portion begins at 7: 30 p.m. Our guest speaker John McFaul will offer a power point of Nose Hill Flora with an introduction to the City BiodiverCity 10-year strategic plan. John was appointed by City Council as a member of the Biodiversity Advisory Committee and is a professional naturalist, who has been leading nature walks and hikes for 30 years. From 1986-2003, he worked for City of Calgary Parks as a naturalist for the Inglewood Bird Sanctuary. He received the Loran L. Goulden Award from the Federation of Alberta Naturalists. John is a professional interpreter with the Interpretive Guides Association. For more details you can go to our website at www.fonhs.org.

Calgary has been called "Sandstone City" because it is a key component of many heritage buildings, including the old City Hall. Rather than importing the material, City Council approved a notice of motion to reintroduce mining within the city limits, at Edworthy Park and/or the former John A. Lewis Quarry site. A scoping study will return to City Council about the feasibility of reactivating small-scale quarrying sites.

When news of the motion was published, Nose Hill Park was named as the second site. Council was already in session. As a result I wrote a letter opposing the plan, due to public safety issues, impact on wildlife, and damage to diversity. The Ward Councillor voted against the motion and said, "No one must touch Nose Hill". There was a re-commitment to preserving Nose Hill for future generations of Calgarians. The assistant to the motion mover confirmed, while there was no reference to Nose Hill Park, it is important to preserve and conserve nature across our city. Fortunately, the second site is actually in the West Creek Valley, well outside the Park.



The holidays can be stressful. We can help!
The Calgary NW ECD (Early Childhood Development) Coalitions are hosting an evening aimed at helping you, the parent, have a happy low-stress holiday season. **Managing the Holidays**, is a free workshop being held on Monday November 14th from 6:30-8:30pm at the Silver Springs Community Centre. Many of us put too much pressure on ourselves over the holidays, so come and learn how to refocus and help everyone enjoy this time of year. Child care is provided. Please visit www.Eventbrite.ca for more details and to register today as space is limited.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: ncecm@weconnectyou.ca.

City Hall exhibited "Calgary Goes to the Dogs: A History of Dogs and Dog Licenses. In 1885, there were only 100 dog tags; now there are 100,000. There were no leash bylaws or fenced-in backyards. We have the Responsible Pet Ownership Bylaw and there are estimated to be 150 public off-leash areas. This accounts for 20% of park spaces in Calgary (1250 hectares).

Nose Hill is a popular park for walking dogs, in part because some communities do not have their own off leash areas. The pathways on the escarpment are on-leash areas, while the multi-use plateau (top of the hill) is off-leash.



**MP, CALGARY CONFEDERATION
LEN WEBBER**

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403-220-0888
len.webber@parl.gc.ca

Remembering Is Something You Do

During Veterans' Week, November 5th to 11th, I will join Calgarians and people across the country as we pay tribute to all Canadian Veterans. Throughout the week, thousands of commemorative ceremonies and events will take place across our country to honour Canada's Veterans, current serving members of the Canadian Forces and those who have made the ultimate sacrifice. The sacrifices and achievements of our Veterans have helped define and defend Canada's values of freedom and democracy. They will always be remembered.

Here are some ways to engage in Remembrance: Wear a poppy above your heart, attend local Remembrance Day ceremonies, and vow never to forget; Change your profile picture on Facebook to a poppy and blog or tweet about the importance of remembrance; or listen to Veterans talk about their experiences and thank them for their service. Remembrance IS more than something you think about – it's something that you do.

Another way to help remember is to find your connections to the past. You can obtain information on where the graves of all Canadian soldiers who died while serving abroad are located. Here's how to do a search for your connection to the past.

Visit the Veterans Affairs Canadian Virtual War Memorial online at www.virtualmemorial.gc.ca. (If you are looking for an Allied soldier you could also try a similar search through the Commonwealth War Graves Commission at www.cwgc.org as they keep track of all Allied cemeteries.)

Search by name and select the soldier you are looking for. (Keep your search terms broad to yield the best results. This is especially important with first names or common misspellings of names.)

Review the results of the search. When available, it will include photos, a copy of the page from the Book of Remembrance, vital personal details and possibly even a summary of the circumstances surrounding the soldier's death.

A quick Google search using the name of the cemetery often yields a link to photos of all the tombstones, lists of those buried (alphabetical and regimental) and a good description of the cemetery itself. Please don't consider the Veterans Affairs Canadian Virtual War Memorial as the only possible source of information and don't underestimate the power of a good online search engine like Google.

Share your findings and experiences with others in a gesture of Remembrance. I would be interested to hear from anyone who uses this process and finds it as rewarding as I have.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 18

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Banff Trail Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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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.

STORMTROOPERS



Canadian soldiers in WWI earned the nickname 'Stormtroopers' due to their reputation for being precise, relentless, intelligent and highly organized.



Banff Trail Real Estate Update

Last 12 Months Banff Trail MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| 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 |
| October 2015 | \$564,950.00 | \$550,000.00 |

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

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| 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 |
| October 2015 | 8 | 4 |

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



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 October, the trees have lost the last of their yellow leaves in preparation for the coming winter. The nights were chillier and migrating geese were a common sight in the sky. I hope everyone enjoyed a wonderful Thanksgiving.

Now that everyone has finished raking the leaves, you can drop your bagged leaves and ghoulish pumpkins off at Varsity Athletic Park, 39 Street & 46 Avenue NW, until November the 6th.

Between preparations and ministerial work I've been in Calgary-Varsity to attend community events and ensure constituents have access to their representative. I was very happy to help Westmount Charter School celebrate the completion of their renovations in partnership with the province.

We found it a pleasure to discuss current events with Seniors at the Brentwood Community Association. We also had the opportunity to connect with Parents during a parents and tots playgroup in Brentwood; we had the chance to engage with folks about issues affecting families in our community. There are so many great opportunities for everyone in the Varsity constituency to connect, we encourage you to check out your local community association to discover how.

Looking ahead to November, the legislative session continues through the whole month. We also mark Remembrance Day to honour the sacrifices made by Canadian soldiers in protecting our country.

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.



COUNCILLOR, WARD 7 DRUH FARRELL

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

Aside from the odd spot of traffic, most of us have a fairly easy time getting around our city while walking, cycling, driving, or taking transit. There are many of us, however, who find our city hard to navigate. As recently as 2012, 10% of Calgarians reported having significant disabilities. By 2019, 200,000 Calgarians over the age of 15 will live with disabilities.

The City of Calgary is committed to building an inclusive society where everyone can access programs in a way that respects the independence and dignity of people with disabilities. Other orders of government have also taken notice. Several provinces have passed strong barrier-free legislation, and the Government of Canada is currently working on a national accessibility strategy.

Last year, Council supported my motion to find ways to make our public facilities and public realm barrier-free. The work includes an accessibility audit of all our civic facilities, as well a plan to improve how they function for Calgarians with various disabilities.

My motion also asked staff to encourage better accessibility of private developments through the planning process, and to partner with advocacy groups to increase the amount of barrier-free housing.

I am encouraged that the initial response from City staff will result in some quick and easy wins in and around the municipal complex at City Hall. These measures will make navigating City Hall easier for those visiting to drop off a permit application, pay a bill, or attend a Council meeting. Wayfinding signs directing people towards accessible facilities have already been installed on the LRT platform at City Hall. Banding decals have been installed on the glass elevators in the Municipal Building to assist blind visitors. Elsewhere, our Roads department purchased wheelchairs to give its staff personal experiences of what it is like to move around Calgary's streets with disabilities.

Achieving an accessible city is much like achieving a clean city or a safe city. There is no finish line. Through continuous improvements, striving for an increasingly accessible city is worth the investment.

If you see an opportunity to improve accessibility on public property, please call 3-1-1 or go online to www.calgary.ca/311. To learn more about this and other Ward 7 topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.



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Banff Trail mybabysitterlist

| Name | Age | Contact | Course |
|----------|-----|--------------|--------|
| Abby | 12 | 403-819-0141 | Yes |
| Abigail | 13 | 403-554-4577 | Yes |
| Ava | 13 | 403-279-2083 | Yes |
| Dario | 18 | 403-681-7109 | Yes |
| Eliana | 31 | 587-437-1107 | No |
| Maria | 14 | 403-467-2760 | Yes |
| Rowena | 41 | 587-894-0713 | Yes |
| Samantha | 22 | 204-781-7743 | Yes |
| Sophie | 17 | 403-650-8461 | No |
| Todd | 45 | 403-585-8463 | 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.



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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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Calgary



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