

SEPTEMBER 2016

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THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



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web: [www.livingwordchurch.ca](http://www.livingwordchurch.ca)  
tel: 403-922-2216

## Banff Trail mybabysitterlist

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

**Calling All BABYSITTERS** Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS** Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



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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## NEWSLETTER AD SALES



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# BANFF TRAIL ANNUAL Harvest Festival

Saturday, Sept 17<sup>th</sup>  
11 am – 3 pm



## Banff Trail Community Association **BOARD MEETINGS**

are on the first Wednesday of every month from 7:00pm-9:00 pm  
Next meetings are September 7, 7-9pm  
*See you there!*

Newsletter Submissions  
**October Issue  
Deadline**

**September  
7th**



howlreditor@  
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

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

### DIRECTORS

<b>Hall Maintenance</b> Alfred Wright	403 246-2232
<b>Planning &amp; Development</b> Incoming	development@banfftrailcommunity.ca
<b>Communications Committee</b> John Bannerman	403-809-5036 communications@banfftrailcommunity.ca
<b>Programs &amp; Special Events</b> Wanda Rose Beatrice Kozlowski	
<b>Hall Manager</b> Eileen Arthur	403 282-2234 hallmanager@banfftrailcommunity.ca

### VOLUNTEERS

<b>Memberships</b> Natasha Freedman	403 454-7369 memberships@banfftrailcommunity.ca
<b>Soccer Coordinator</b> Kerstin Plaxton	soccer@banfftrailcommunity.ca
<b>Howler Editor</b>	howlreditor@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](mailto: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](mailto: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](mailto: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)



### 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](mailto:carolynf@telus.net) to have your name added to the Banff Trail Community Runner email group. See you on the running paths!

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## Call For Articles

If you would like to write a piece for the Banff Trail Howler, please email your submissions to [howlareditor@banfftrailcommunity.ca](mailto:howlareditor@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!

## 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

# 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**

## 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!

**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!

### 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.



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403 266-3787 or [fccs@shaw.ca](mailto:fccs@shaw.ca)  
[www.christianscience.ab.ca](http://www.christianscience.ab.ca)



# North of the River

*Matt Grant*

By mid-July, it had become clear that my humble gardening efforts had failed. If I hoped to enjoy Alberta-grown produce, farmers' markets were my best remaining option.

Three of my favourites are in communities stretched along the northern banks of the Bow River, in Bridgeland Riverside, Hillhurst-Sunnyside and Parkdale.

Bridgeland Riverside's Farmers' Market (917 Centre Avenue N.E.) runs every Thursday from 3:30 pm to 7:00 pm until October 6<sup>th</sup>. Now in its second year, a growing range of vendors display their wares beneath tents spread out across a lawn boasting one of the best views of downtown Calgary. And while you're in Bridgeland Riverside, may I suggest a walk along the increasingly interesting 1<sup>st</sup> Avenue N.E.? Whether you're into sushi, ramen, burgers, breakfast, pizza, cocktails, coffee or vinyl, Bridgeland Riverside has it all. I'm biased – I used to live there – but this community is great and getting greater.

The Hillhurst-Sunnyside Farmers' Market (1320 – 5 Avenue N.W.) is every Wednesday from 3:00 pm to 7:00 pm and every Saturday from 9:30 am to 1:30 pm. One of the coolest things about this market (and there are many) is that folks in need can stop by on Mondays for fresh produce. They believe "community members should have access to good food". I couldn't agree more.

The Parkdale Farmers' Market (3512 – 5 Avenue N.W.) runs every Wednesday from 2:00 pm to 6:30 pm, all year round. After you're loaded up with fresh food, why not bike west to Edworthy Park for a picnic. En route, check out Brian Tolle's public artwork *Outflow*, along the banks of the Bow at 34A Street N.W.

This harvest season, these three markets promise to be vibrant destinations for Calgarians looking to meet neighbours and support local vendors and producers.

*Matt Grant lives north of the River – now in West Hillhurst after many years in Bridgeland Riverside.*



# News from the Friends of Nose Hill

*by Anne Burke*

The City needs help in identifying weeds in open space. The management plan involves methods to combat weed threats. These tools are biological, mechanical, chemical, and cultural controls. There are some concerns about spraying pesticides and herbicides, although the City posts signs and does have some pesticide-free parks in Calgary.

One of the controls is an organic vegetation management practice called targeted grazing, a land management strategy which is safe, chemical free, and environmentally friendly.

Beginning in June (and for three weeks this summer) a herd of 100 goats was monitored 24 hours a day by the shepherd, with herding dogs, volunteers, and horses in Confluence Park (West Nose Creek).

This is important wildlife habitat. Unlike Nose Hill, the site permits livestock grazing with an approved development permit application, although the practice is generally prohibited within City limits. As the animals fertilize the soil, their hooves help to till, aerate, and condition the ground. Their digestion is acidic, so that the seeds cannot grow as new weeds. The purpose was to control invasive species such as Canada thistle, yellow clematis, nodding thistle, and other delicious broad leaf weeds they prefer. See: online at [calgary.ca/goats](http://calgary.ca/goats).

The Urban Conservation Lead for City Parks said the public has been very supportive. We now know we can use goats in an active park, without disrupting enjoyment by park visitors, whether on foot, bicycle, or with dogs on leash. The goats did an excellent job targeting invasive weeds, such as Canada thistle, hound's tongue, and hawkwood.

The project budget was \$25,000. The City will assess and evaluate the data to decide about the project's effect-

iveness. The next step will be to evaluate its potential use in parks and open spaces. If successful, the initiative may expand to other natural areas in the city.

On the monthly BiodiverCity Committee agenda there were announcements, presentations on wildlife strategy, biodiversity implementation plan; updates from subcommittees, work plan, business unit survey, and list of potential 3rd party partners. Meetings are in downtown Calgary and open to the public. For details, contact [steven.snell@calgary.ca](mailto:steven.snell@calgary.ca).

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 16

## IN & AROUND CALGARY

### Crowchild Trail Study – Mark your calendar for fall events!

Thanks Calgary for helping us evaluate the preliminary concepts against the project goals. We used your evaluation as input to identify a set of draft recommendations for the study area.

We invite you to join us at one of the open houses in October to provide your feedback on the recommendations. These events are part of **Phase 5: Concept Selection and Recommendation** of the study process.

#### Open House #1: Saturday, October 1, 2016

(No RSVP required)

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

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

#### Open House #2: Monday, October 3, 2016

(No RSVP required)

Time: 5 to 8 p.m.

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

We are meeting with property owners whose properties were identified as impacted by the long-term preliminary concepts prior to the scheduled engagement events. In addition, an open house for residents, businesses and homeowners located within one block of Crowchild Trail is scheduled in September. This invite-only event provides the opportunity for them to share their feedback and perspectives before the broader community.

Your feedback will help us refine the draft recommendations. The final recommendations will be shared with you in **Phase 6: Reporting and Completion** in November. We anticipate presenting the final recommendations to Council in early 2017.

If you're unable to attend one of the open houses, other engagement events are scheduled and there will be an opportunity to provide your input online. For a complete list of engagement opportunities, go to [calgary.ca/crowchild](http://calgary.ca/crowchild).

## Alberta Health Services EMS

### Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the “walk” sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

## IN & AROUND CALGARY

### Graffiti Vandalism

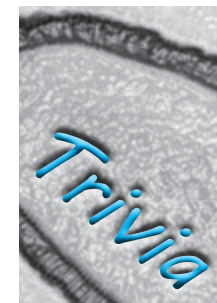
A message from the Federation of Calgary Communities Building Safe Communities Program

Graffiti vandalism is figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed or attached on or to the surface of any premises, structure, or other property. It can be done by a variety of methods including spray paint, markers, etching and pens to name a few. Graffiti done without the owner's permission is vandalism and is a crime carrying serious consequences. Most graffiti vandalism IS not gang related, but if graffiti vandalism is left unchecked, other criminal activities may begin to start in the area as the perception of the community is that no one cares or is taking care of the area. **Graffiti vandalism needs to be reported to 311.** If graffiti vandalism is not removed quickly, this inaction may be interpreted as a sign of low neighbourhood pride, and graffiti vandalism will spread to other buildings, streets and properties.

What to do:

1. Record the graffiti vandalism by taking a photograph (if possible) of the damage
2. Note the location
3. Report the graffiti by calling 311
4. Remove the graffiti if it is on your property or with permission of the property owner. The longer it is left for viewing the more likely other graffiti will appear in the area.

Please visit [www.graffitifreecalgary.ca](http://www.graffitifreecalgary.ca) for more information on graffiti vandalism and how you can make a difference in your community to address graffiti vandalism. Special thanks to the Calgary Police Service Graffiti Coordinator Constable Dave Ladic for input in this article.



### Immortality

While we humans obsess about achieving immortality, other organisms seem to do it effortlessly. In 2014, scientists revived Pithovirus sibericum, a virus preserved for 30,000 years in Siberian permafrost, simply by letting it thaw.

-Discover magazine



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

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Please join us for the  
**6<sup>TH</sup> ANNUAL WALK FOR THOMAS!**  
Sunday, September 25<sup>th</sup>  
in support of Neuroblastoma Research.

Queen Elizabeth Elementary School, 402 – 18th St. NW.

Registration and refreshments at 9:30 am.

3km Walk starting at 10 am.

A tasty barbecue lunch for all participants will follow. We are so grateful for the continued financial and in-kind support of all of our sponsors and hope you and your family will be there to share in this worthwhile cause. This year will see the event partnered with the Alberta Children's Hospital Foundation, in support of the Thomas Mueller Phage Display Project. Donations will be accepted at the event and lots of great merchandise will also be available.

Please find us on facebook or go to [peloton65.com](http://peloton65.com) for more information.

# The Tiny but Mighty Bufflehead

Article by J.G. Turner

Photo by Mdf

This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

## Fun Facts:

- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.
- As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.
- The Bufflehead is Canada's smallest duck and they can

squeeze through holes only eight centimeters wide!

- Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen woodlands, decreased numbers of Northern Flickers in an area, and human hunting activities.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at [www.calgary-wildlife.org](http://www.calgary-wildlife.org) for more information.

## TRIVIA

### An active social life helps you live longer

Maintaining a strong social network may foster good health in part because support from sympathetic friends and family helps cushion the impact of life's blows. When you lead a less anxious life, you're less prone to certain chronic conditions, such as cardiovascular disease.

-Discover magazine

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

**September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. [www.calgaryfilm.com](http://www.calgaryfilm.com)

**October 1 - A Little Light Music:** This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. [www.scpa.ucalgary.ca/events/little-light-music](http://www.scpa.ucalgary.ca/events/little-light-music)

**October 6 - An Evening With Bethany Hamilton, Soul Surfer:** Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. [www.ticketmaster.ca/event/110050A6A6225E87](http://www.ticketmaster.ca/event/110050A6A6225E87)

**October 7 to 8 - Disney In Concert: Tale As Old As Time:** Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. [www.calgaryphil.com](http://www.calgaryphil.com)

**October 11 to 29 - Boom:** Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. [www.theatre Calgary.com](http://www.theatre Calgary.com)

**October 12 to 15 - Intensional Particle + Split Flow:** Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. [www.theatrejunction.com](http://www.theatrejunction.com)

**October 14 to 29 - Fluid Festival:** This year marks the 11<sup>th</sup> Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. [www.springboardperformance.com](http://www.springboardperformance.com)

**October 15 - Calgary Stampeders PinkPower Game:** This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. [www.stampeders.com](http://www.stampeders.com)

## SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. [www.illuminasiacalgaryzoo.com](http://www.illuminasiacalgaryzoo.com)



## SEPTEMBER 30 TO OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. [www.albertaprintmakers.com](http://www.albertaprintmakers.com)



## OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet Dracula at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. [www.albertaballet50.com](http://www.albertaballet50.com)



**Introducing Engine 23 Tours**

Your school or daycare can get to know the 20-tonne fire truck in Central Library—book your tours at [calgarylibrary.ca/library-tours](http://calgarylibrary.ca/library-tours).

Don't forget the special Engine 23 storytimes that happen every week. Share stories and learn about fire safety from a firefighter! For details, visit [calgarylibrary.ca](http://calgarylibrary.ca).

**Words & Wiggles**

A brand new Library program for preschoolers that uses the six types of play to build confidence, vocabulary, creativity, problem-solving skills, coordination, socialization, and movement. You and your preschooler will love the stories, songs, and fun-filled activities! For details, visit [calgarylibrary.ca](http://calgarylibrary.ca).

**Get Inspired with Micheline Maylor**

Micheline Maylor starts as Calgary Public Library's 2016 Author in Residence on September 1.

She will deliver programs and act a mentor to writers in the community, reviewing manuscripts, and providing critiques and advice during individual consultations. Join us as we welcome Michele Maylor and launch the Author in Residence program at the Nicholls Family Library, September 16 at 6:30 pm. For details, visit [calgarylibrary.ca/author-in-residence](http://calgarylibrary.ca/author-in-residence)

**Homework Help**

Get FREE homework help online! Students can take advantage of free online tutoring with Brainfuse (Grades 1–12), online study guides through Solaro (Grades 3–12), and so much more. Find them at [calgarylibrary.ca/online-resources](http://calgarylibrary.ca/online-resources)



# Living In A Man's World

by Elisabeth Fayt

One thing I look forward to each year is the annual Book Fair in a little lake town where I spend my summer vacations. They cram the local town hall with used books at bargain prices, so I always manage to fill two boxes or more. I figure, if I get at least one good life-changing quote, I've gotten my money's worth. And there it was, a self-help book for women on "How to Thrive in a Man's Environment" filled with pointed advice on how men would like women to communicate with them, such as this nugget: "Spare me the pain, just give me the baby."

What a message, loud and clear. Men just want the facts, Jack. The problem is, as women, we love to do this seductive pole dance around the punch-line, keeping our listener captive with every detail before we get to the point, if we ever get there. Shocker, ladies, this drives our men crazy!

Let's face it, men and women are different. The good news is, we weren't designed to drive each other crazy. What I've learned spiritually is that our goal is to find a balance between our two natures. For men, it means loosening the grip on *reason* long enough to *feel*, and for women it means getting off the emotional train ride long enough to *reason things out*. It's a delicate juggle between heart and head.

It can be done, and we grow spiritually the more we're able to combine the two. It happens with practice, with of our bosses, partners and friends, so bring on those relationships that push your buttons and take you to the next level.

# BUSINESS CLASSIFIEDS

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

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## VOLUNTEERING.... *Good for the Soul*

### SEPTEMBER MOON CALENDAR

		
New Moon Sept 1	First Quarter Sept 9	Full Moon Sept 16
		
Last Quarter Sept 23	New Moon Sept 30	





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This offer is available for careers that range from doctors and accountants to mechanics and air traffic controllers. These opportunities are available across Canada and offer the opportunity for travel.

The Canadian Armed Forces is one of Canada's largest employers and provides Canadians with hundreds of career options in every career field imaginable.

While many think of a career in the Forces as being a soldier, a pilot, or a sailor, the reality is that most in the Forces support these roles through jobs that resemble the careers we see every day in our communities. There are accountants, lawyers, cooks, dentists, psychologists, social workers, welders, and every job in between. There are also careers that do not require any post-secondary education because specialized training is provided by the Forces.

If you are looking for part-time jobs, they offer those too through the Reserves. The Reserves provide a unique way for Canadians to serve their country while maintaining a professional career in their community. This is also a great option for those who are also working on completing their education.

## 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).

The Forces offer many advantages to its members including three years of guaranteed employment following initial training and on-going career development. Given the size of the organization and its variety of roles, there are endless opportunities for growing or changing your profession while staying in the Forces in the years ahead.

Their competitive salary and benefit packages are often better than those offered in the private sector. In addition to an attractive pension program, members are provided with 20 vacation days per year and this increases to 25 days after five years. Qualifying veterans are also entitled to significant additional programs and benefits.

Do you have questions? Not sure where to start? Visit [www.forces.gc.ca](http://www.forces.gc.ca) to see the hundreds of career opportunities available today. You can speak directly to a recruiter by calling the Canadian Forces recruiting center at 403-974-2900 or emailing [info.calgary@forces.gc.ca](mailto:info.calgary@forces.gc.ca). A recruiter will walk you through the entire process and answer any questions you may have.

In closing, I would like to thank those who have chosen to serve their country through the Canadian Armed Forces at home and abroad. Your professionalism and dedication is appreciated and respected by all Canadians.

## BRAIN GAMES SUDOKU

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

## IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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The Banff Trail Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## 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

**YIC'S LARGEST USED KIDS' CLOTHING, TOYS AND GEAR SALE** is moving to the Genesis Centre, Field House 1, on September 17th. Open to the Public from 9:00 a.m. to 1:00 p.m. Free parking. Cash Sales only. Bring your own bags.

**CALGARY PUBLIC LIBRARY:** Need legal help? Free legal clinic. Wednesday October 19, 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 587-774-5458 between 8 am and 5 pm, Oct 3 to Oct 13. Space is limited.

**ARE YOU INTERESTED IN JOINING AN ADULT CHOIR, CONCERT BAND, OR JAZZ BAND?** Come see what Westwinds is all about! Open House September 14, 7 PM William Aberhart High School. Website: [westwinds-music.org](http://westwinds-music.org)

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Friends,

August was a wonderful month to connect and talk with you about your lives - your summer holidays and back to school plans. The month kicked off with a lighthearted "Pokémon Hunt" at University Research Park, it was wonderful to see so many families outside enjoying the park with me. Thank you to the Triwood Farmer's Market for letting me put up a tent so we could get to know our Brentwood and Charleswood Constituents even better. Over the past month I spent my Friday mornings serving coffee to residents at the LRT Stations of Dalhousie and Brentwood; the mornings started to get a little chillier but the coffee was warm and so was the reception. Our office also really enjoyed the University Heights and Triwood Pub Nights, it was a great opportunity to sit down and have frank discussions with folks.

With September under way and everyone returning to school, I will be preparing for the upcoming legislative session. I look forward to hearing feedback from constituents at upcoming Community Association meetings, and other community events I will be attending. Keep an eye out for me in September as I serve coffee at the University and Banff Trail C-Train Stations.

You can get to know me, and your Varsity Constituency Office better. Please watch this clip on YouTube [www.youtube.com/watch?v=EFQ-zrYwlvw](http://www.youtube.com/watch?v=EFQ-zrYwlvw). You can also follow our office on twitter @yycvarsity, or Facebook at Stephanie McLean.

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  
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With rising household costs, a growing number of families are struggling to afford shelter and other basic needs such as food, medication, and childcare. Household incomes in Calgary have not kept up to housing prices. Over the past decade, prices have increased 156% while incomes have increased 34%.

Over 4000 households are currently on the qualified waiting list for Calgary Housing Company, but the actual need is far greater. In Calgary, over 38,000 renter households need affordable housing. These Calgarians require some extra assistance to ensure they have access to safe and affordable places to call home. Those in need include students, seniors, young couples, people with disabilities, people who are unemployed, low-income workers and their families, and new Canadians.

What do we mean by affordable housing? For housing to be affordable, The Canada Mortgage and Housing Corporation states a household should not spend more than 30 percent of its gross income on rent. That target is especially difficult for lower income Calgarians to meet and they must often spend larger percentages of their incomes on basic shelter.

Although increasing the affordable housing supply is one of City Council's priorities, the City of Calgary has not added a single affordable housing unit in the past three years. This is one of the reasons that Council unanimously passed the new Affordable Housing Strategy in July.

The strategy calls for the City to secure funding from the provincial and federal governments, to work with partner agencies and the development industry, and to prioritize private projects that include some affordable and accessible units. The strategy also calls for the City to build new rental units through Calgary Housing Company and affordable homes for ownership through Attainable Homes Calgary.

Learning from the past, the City no longer concentrates affordable housing in one area, but instead encourages smaller projects that better integrate into all neighbourhoods. Most Ward 7 communities already host at least one affordable housing development.

Proposed affordable housing projects will include public engagement to ensure that they integrate well with the surrounding neighbourhood. Should your neighbourhood be selected to host affordable housing, please ask how it can best be accommodated and welcomed into the community. Your new neighbours will certainly appreciate it.



## Banff Trail Real Estate Update

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

	Average Asking Price	Average Sold Price
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
September 2015	\$609,900.00	\$600,000.00
August 2015	\$605,450.00	\$592,500.00

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

	No. New Properties	No. Properties Sold
July 2016	8	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
September 2015	9	7
August 2015	8	4

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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CAIS

## IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

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#### GUEST SPEAKERS:



**PETER BOWEN**, B.A.(Econ), CA  
*Vice-President, Tax Research and Solutions*



**M.C. (MIKE) MACOUN**, CLU, CHS, TEP  
*Vice-President, Estate Planning Specialist*



**RBC Wealth Management**  
Dominion Securities

**DATE:** Tuesday, August 30, 2016  
3:00 pm - 5:00 pm

**LOCATION:** **Canada's Sports Hall of Fame**  
169 Canada Olympic Road S.W.  
Canada Olympic Park  
Calgary, AB T3B 6B7

**RSVP:** Kara Weber  
(403) 299-7374  
[kara.weber@rbc.com](mailto:kara.weber@rbc.com)

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