# **BANFF TRAIL** howler

THE OFFICIAL BANFF TRAIL COMMUNITY NEWSLETTER



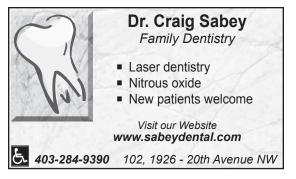
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-Joan Borysenko Ph.D. & Best Selling Author

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THE CHRISTMAS PICKLE There's a tradition in the U.S. to hang a pickle-shaped ornament on their Christmas trees. The first child to find the pickle on Christmas morning receives an extra present from Santa or will have a year of good luck.









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# BANFF TRAIL COMMUNITY ASSOCIATION

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Delivered monthly to 2,100 households and businesses for 9 years!

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howlereditor@banfftrailcommunity.ca All editorial submissions must be submitted by the 7<sup>th</sup> of the month for the following month's publication.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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

## **IMPORTANT NUMBERS**

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403-237-0654

#### PRESIDENT'S MESSAGE

I normally have some pleasantries to put in this space, but we've all been busy running the show and enjoying ourselves, I just haven't.

#### *Information of Note in the Community:*

The **X-mas Singalong is December 16th**, (not Dec 9th, as was previously published. Sorry about that). 12-5pm at the hall. There's nothing better than hot chocolate and a good rousing round of songs with your friends, family, and neighbours. This year we have a fabulous new piano, and will be joined by a violinist, as well as members of the Men's Folk Choir.

The New Skating Rink is done! We're having a skating party to celebrate on December 10th. There will be a ribbon-cutting ceremony, hot drinks, a fire pit, and some special guests. And of course, plenty of ice-based games!

A Kids Playgroup has started up at the hall. We have partnered with them to make the group more affordable for community members. Mondays 10am-12:30. It's drop-in, and if you'd like more info email info@apvillage. ca.

Finally, our new preschool is up and running. As of September, **Seedlings Spanish Preschool** is operating out of our basement (just a couple days a week so far). We're happy to have them, and look forward to a great relationship with the community.

The formidable and very long-running **Ladies Auxiliary group is formally winding down.** They represent a group of women that without a doubt contributed the most thoughtfully and consistently to the community over the years. Their members were instrumental in construction and funding of the community hall that

we treasure so much. I couldn't hope to list their accomplishments here, but I do hope we can put together a more detailed article about them in the near future. For now, I just give them my great thanks and gratitude.

We need a Spring Kids Soccer Coordinator. Our soccer program draws kids from all the surrounding communities. Last year around 140 kids played, and we as a community believe offering super-cheap healthy activities for kids and their families makes a us a better community. The task has a few things to do in Feb-April, ordering supplies, sorting out registration, etc., but it not too difficult to do. If we don't get a coordinator, we won't be able to run the program. If you might be able to help, or would like more info about the role, email me at president@banfftrailcommunity.ca and I'll get you what you need!

We have taken on a new person – **Abigail Harker** is our new facility manager. She also manages the Capitol Hill community hall, and we look forward to working with her to build community programmes and make the most of our hall.

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

Barry Clement
BTCA President



#### 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: www. facebook.com/BanffTrailCommunity.

#### **Karate and Kobudo**

Tuesday 8-9pm and Thursday 7-8 pm and Saturday 11-12 noon

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

Improve strength, coordination, posture and balance; increase your energy level and flexibility; enjoy greater vitality.

The All Levels class takes place on Wednesdays from 6:30-7:30pm, and the Gentle Yoga class is held on Tuesdays from 10-11am. 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!



## **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!



#### **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

Feel free to drop by and join in the fun. Check out the website or the Facebook page for more up-to-date information.

#### Zumba® at BTCA! Your first trial class is FREE!

Drop-ins are welcome! No experience necessary. All fitness levels welcome. Come ready to dance, get fit and have FUN! Join Andrea Mondays 7:30 - 8:30pm. Website: www.andreadawe.zumba.com, email: andreadawe. zumba@gmail.com

#### Qigong

will be finished at the end of May, but will return in the fall. Sylvie Jutras is instructing, phone: 403-453-0977

#### **Banff Trail Conversation Club**

Mondays 1:15 - 4 pm - Boardroom

Join a lively, interesting group of people who enjoy stimulating and exciting conversation. Participants choose their own topic including global, nation, local, politics, religion, history, geography, science and any other topics you want.

#### **Flow Martial Arts Academy**

Starts September 10, classes from 11:00am - 12:00pm. Jeffrey Estrada is instructing, email: fma.academy. calgary@gmail.com

#### Attchment Parents' Village Calgary Playgroup

Mondays, 10am – 12:30pm

A weekly playgroup for parents and children of all ages, that encourages families to honour, value, and respect children. During Playgroup, APVC provides an opportunity to meet others who practice attachment parenting over coffee or tea while our little ones engage in unstructured play. For more info, please send an email to: hallmanager@banfftrailcommunity.ca

Given the increasing number of young families in the area, a couple of parents are exploring the option of establishing a co-op daycare in the neighbourhood. If anyone is interested in learning more or getting involved, please contact Kathryn at banfftraildaycare@gmail.com



are on the first Wednesday of every month from 7:00pm-9:00 pm **Next meeting is December 6th** 

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

# **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.

### **STAY CONNECTED WITH BANFF TRAIL:**



Check out our Website: www.banfftrailcommunitv.ca



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



Follow us on Twitter: twitter.com/BanffTrailYYC

# **Banff Trail Community Association**

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

OF	FICERS	
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	
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Alfred Wright		
Planning & Development		
Kathryn Davies	development@banfftrailcommunity.ca	
<b>Communications Committee</b>	403-809-5036	
John Bannerman	communications@banfftrail community.ca	
Programs & Special Events		
Wanda Rose		
Beatrice Kozlowski		
Facility Manager	403 282-2234	
Abigail Harker	hallmanager@banfftrailcommunity.ca	
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Kerstin Plaxton	soccer@banfftrailcommunity.ca	
Howler Editor	howlereditor@banff trailcommunity.ca	
DIRECTORS AT LARGE		

## **Have questions about** Hall rentals or availability?

Llyal Grummett

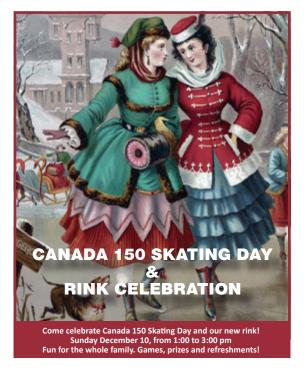
Chris Van Egmond

Contact our Facility Manager Abigail Harker by phoning: 403 282-2234 or emailing hallmanager@banfftrailcommunity.ca

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

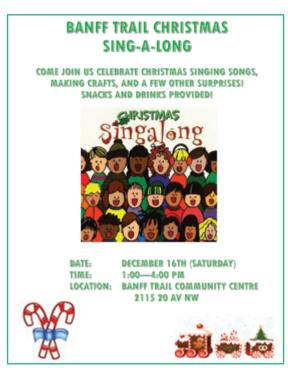
403-284-3622

403-289-0216









#### SCHOOL SHOUT-OUTS

# Queen Elizabeth High School

We know that it has been a month since it happened, but we are just so thrilled for our Senior Girls Soccer team!

The Queen Elizabeth Senior High Girls soccer team was victorious in the City Championships on a cold, blustery and wet night in late October. Floodlights, hundreds of fans and two very evenly matched teams added to the tension and excitement. After going ahead, the girls found themselves 2-1 down but fought hard to grab an equaliser to send the game into extra time. After ten minutes, the issue was still unresolved, so the game moved to a penalty shoot-out. Astonishingly, Queen Elizabeth prevailed with the very last kick of the game. It has been ten years since the last championship, but it now sets a standard for the reigning champion boys in the spring!

Please join us for our Open House on December 11 from 6pm to 8pm. There will be light refreshments as well as entertainment from our school band. Then there will be an opportunity for parents/guardians and prospective students and families to meet the staff and administration.

December is musical theatre month! This year Queen E musical theatre students are proud to present Cabaret. Cabaret is a show full of urban drama and love. Taking place in Berlin in

1931, Sally Bowles is a well-known British performer at the popular nightclub, the Kit Kat Klub. There are lines of men who fall head over heels in love with her, but only one stands out for Sally—Cliff, an American author who has just moved to Berlin. Will Cliff provide the stability that an increasingly out-of-control Sally needs? In the same building in which Cliff lives, there are two old souls so perfect for each other, it might as well be destiny. The desire to be with one another is clear, but with the National Socialist party's increasing popularity leading to political turmoil and changing societal norms, they may be torn apart.

Come to the Cabaret at 6:30 from December 12 – 15, 2017 at Queen Elizabeth High School for an evening out to escape your worries. Please contact Mr. Philip Sword, the Musical Theatre teacher at QEHS, for ticket information and availability at pssword@cbe.ab.ca or call 403-777-6380. **Note: this show is not recommended for audience members under the age of 14.** 

Queen Elizabeth High School is looking for volunteers to support small groups of students with literacy and numeracy skills. Volunteers will need a current police security clearance. Please stop by the main office for more details! If you wish you can contact Aimee Furey at alfurey@cbe.ab.ca.

Name:	Spouse	2:		
Postal Code:	Phone:	Fax:		
Email:				
I am interested in volunteering	ng with the community association:	:		
Newsletter	nctions • Sports • Fund-raising	Maintenance		
• Other (please specify):				
The rates for Banff Trail Comr	nunity Association membership are	<b>:</b> :		
• Single \$10 •	Family & Household \$15 • Busine	iess \$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

RTCA Membershin Form



Councillor, Ward 7 **Druh Farrell** ward07@calgary.ca Odruhfarrell.ca @DruhFarrell
f Druh Farrell

#### Happy Holidays from Ward 7!

On October 23rd, a new City Council was sworn in to represent Calgarians. It is an honour to serve the residents of Ward 7, and I look forward to delivering on a shared vision for a more sustainable, progressive, and resilient Calgary.

On Election Day, Ward 7 boundaries changed. We say goodbye to departing communities and wish them the best of luck in Ward 4. Ward 7 welcomes Montgomery, University Heights, University District, University of Calgary, Tuxedo Park, and Winston Heights/Mountview. I am excited to work together to enrich all of our neighbourhoods.

It is also that time of year when we gather 'round the kitchen table to spend time with friends and family. We reflect on good fortune and happy times, as well as look forward to an even better 2018.

Sadly, not all of our neighbours will be as fortunate this holiday season. Whether due to the recession, loneliness, poor health, or other challenges, many Calgarians could use a kind word and a helping hand. Here are just a few of the ways we can help:

- Call 211 (www.ab.211.ca) to access social programs and services.
- · Make a donation to a non-profit. For information on charities and their finances, visit www.cra-arc.gc.ca/charitiesandaivina/.
- · Volunteer! From visiting seniors' centres to reading to children, you can make a difference. Call 211 to connect to volunteer opportunities.
- Start a conversation about poverty. To learn more about poverty in Calgary, visit www.enoughforall.ca.
- · Learn what it feels like to live in poverty at www. makethemonth.ca; Make the Month is a simulation that shows how Canadians living in poverty face choices that make or break their monthly budgets.
- · Watch for people in your neighbourhood who could use help shovelling snow and lend them a hand. You can recognize a neighbour's good deeds at www.calgary.ca/ snowangels.

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



**MLA Calgary-Varsity** Stephanie Mclean #202. 4712 16th Avenue NW Calgary, AB, Canada T3B 0N1

403-216-5436 ≤ calgary.varsity@assembly.ab.ca

#### Friends.

With December we have the official start of winter, but we all know winter started long ago here. It is of course a very busy month for us all. The year is coming to an end, so many things have to be finalized. And there are the holidays to prepare for and enjoy.

December also brings a busy legislative session to a close. We amended the Human Rights act to protect against age discrimination. It includes provisions which allow seniors-only housing to continue without violating the act. The minimum age cut-off would be 55. Existing age-restricted condominiums would be granted a 15-year transition period to provide affected Albertans with substantial notice.

I recently announced the first stage of regulations related to the Condominium Property Amendment Act. These new regulations are focused on condo buying. New protections include: more information for buyers at the time they make their purchase; the option to cancel a contract if the unit doesn't look like what were promised, or if their occupancy is delayed; new trust money safeguards for deposits; more information handed over from the developer to the first condo board after it has been elected by the owners; new inspection and enforcement powers for government to ensure developers are following the rules. The bulk of the new regulations focused on buying a condo will come into effect Jan. 1, 2018, with the remainder coming into force April 1. There is currently a survey available until November 10 at condo.alberta.ca for people to give input on the next round of condo regulations.

Looking ahead in December, the Triwood Community Association will be hosting their Christmas Market from 11-4 on December 3rd. They will also have a children's Christmas party on December 10th from 12-4 and an adult Christmas party on December 16th from 6:30-9.

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. To find out more drop in, call, email, or check out stephaniemclean.albertandpcaucus.ca.



**Calgary Confederation** Len Webber, MP 2020 10 St NW. T2M3M2 403-220-0888

≥ len.webber@parl.qc.ca

I wish to take this opportunity to acknowledge and thank each and every one for your support. This past year seems to have gone by so guickly. It has been busy and full, with each of us in our own way having faced challenge, opportunity and change. It is by your actions and contributions that I am continually reminded of our collective strength in sustaining a sense of stability and "can do" philosophy. This is evidenced in the support and good work of people across our community, coupled with the achievements of our younger generations. I am inspired by the wisdom and inquiry of those 'young and old' who have visited my office or sent emails of concern or inquiry. Responding to hundreds of emails and meeting with numerous constituents have kept me apprised of your priority areas requiring attention. I appreciate your thoughtful comments and commitment to bring issues forward.

And now, December is upon us. This is such a special time of year—a month when millions of homes all around the world are decorated with Christmas trees, lights and candles. This is Christmas. It is a time of when we remember others, when we make extra effort to contact all those special people who guietly support us in so many different ways throughout our life. It is a time to slow down...to fill some of our days with fun, family, friends and festivity.

For me, this festival celebrates the birth of Jesus Christ. Over the years. Christmas has become a time of gift giving and rejoicing in peace. We have taken many customs from different places around the world and mixed them together to form our modern celebration of Christmas. But one tradition remains universal—the tradition of sharing and love, in fellowship and togetherness. It is in spreading the warmth in our hearts to touch the lives of others with joy and good cheer that the true meaning of Christmas unfolds.

I hope we can pause to consider our blessings often forgotten or taken for granted...take some time to think about and plan for a future that encourages opportunity, is sustainable and values family and community...where we can share ideas, listen, learn and preserve a quality of life we all hold dear.

I am truly honoured to represent you in the House of Commons. I will continue to work to the best of my abilities to be sure your voice is heard in government.

My family and I join in extending our very best wishes to you this holiday season. May the wonderful blessing of Christmas be with you throughout the coming year.

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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.

ART CLASSES: Experienced art professor and certified public-school teacher offering art classes for all ages. Vera's Studio School of Art specializes in assisting beginners in drawing, painting, sculpting, and mixed media. Free membership in unique North American and European practice of Artists' Trading Cards, No. previous experience necessary. Call 403-804-4139. 2707 - 16A Street NW.

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# Family @Hristmas S\*ERVICE

Sunday Dec. 24, 2017 at 10:00 AM All welcome - come join us!

> Banff Trail Community Center 2115 20th Ave. NW

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





Great News Publishing!