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Banff Trail Community Association

Santa Skate

Dec 9th

**10am-1pm Crafts, Treats, Hot Dog
Roast, Pictures w/Santa**

12-1pm Skate w/ Santa



Banff Trail Community Association

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

DIRECTORS


President	Marlise Westeinde	president@banfftrailcommunity.ca
Vice President	Nathan Chandler	vp@banfftrailcommunity.ca
Secretary	Mayank Gupta	secretary@banfftrailcommunity.ca
Treasurer	Kathy Quinn-Bayrack	treasurer@banfftrailcommunity.ca
Director at large	Carleigh Sturge	carleigh.sturge@banfftrailcommunity.ca
Planning & Development	David Kowel	development@banfftrailcommunity.ca
Director at large	Evan Gillespie	evan.gillespir@banfftrailcommunity.ca
Director at large	Kathryn Davies	kathryn.davies@banfftrailcommunity.ca
Events	Kerstin Plaxton	events@banfftrailcommunity.ca
Community Engagement	Kimberley Jordan	membership@banfftrailcommunity.ca
Facilities	Patrick Oscienny	facilities@banfftrailcommunity.ca
Director at large	Paula Kahr	paula.kahr@banfftrailcommunity.ca
Past President	Rolland Lequier	rolland.lequier@banfftrailcommunity.ca
Director at large	Ryan Mortson	ryan.mortson@banfftrailcommunity.ca
Director at large	Shelley Grenier	shelley.grenier@banfftrailcommunity.ca

STAFF

Hall Manager	Abi Harker	hallmanager@banfftrailcommunity.ca
Bookkeeper	Theresa Ouellette	

YOUR REPRESENTATIVES IN BANFF TRAIL


City Councillor	Terry Wong	Ward7@Calgary.ca
MLA	Luanne Metz (Calgary-Varsity)	Calgary.Varsity@assembly.ab.ca; 403-216-5456
MP	Len Webber (Calgary Confederation)	Len.Webber.c1@parl.gc.ca; 403-220-0888



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Remember, www.BanffTrailCommunity.ca is the place to look for short-notice events, and more community info. Check out Banff Trail Community through social media through the following:

Facebook: @BanffTrailCommunity.ca

Instagram: @banfftrailyyc

X (Twitter): @BanffTrailYYC



News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.



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ASSOCIATION

Ladies Poker



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EVENING FILLED WITH
CONVERSATION,
LAUGHTER, AND A BIT
OF CARD PLAYING.

29 DECEMBER 2023
7-9PM

BANFF TRAIL COMMUNITY
ASSOCIATION
2115 20 AVE NW

****Open to all registered members of the
Banff Trail Community Association****

BTCA Memberships

Memberships for residents of Banff Trail are free for the year! Memberships run from March to February. Registration is still required. Persons that live outside the boundaries of Banff Trail that wish to purchase a membership will be charged \$10 per person.

If you would like to become a member and find out about upcoming events and ongoing activities, please send an email to membership@banfftrailcommunity.ca. Please include your name, address, phone number, partner's name, and how many children you have under the age of 18.

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 memberships@banfftrailcommunity.ca.

COME PLAY AN
ASSORTMENT OF BOARD
AND CARD GAMES WITH
NEIGHBOURS AND FAMILY
MEMBERS

COMMUNITY BOARD GAME NIGHT

Dec 8th 7-10pm
2115 20 AVE NW

**OPEN TO ALL REGISTERED MEMBERS OF
THE BANFF TRAIL COMMUNITY
ASSOCIATION**



BANFF
TRAIL
COMMUNITY
ASSOCIATION

2023/2024 BOARD MEMBERS

Directors:

- Carleigh Sturge
- David Kowel
- Evan Gillespie
- Kathryn Davies
- Kathy Quinn-Boyrack
- Kerstin Plaxton
- Kimberley Jordan
- Mayank Gupta
- Marise Westeinde
- Nathan Chandler
- Patrick Oscieny
- Paul Kahr
- Roland Lequier
- Ryan Mortson
- Shelley Grenier



www.banfftrailcommunity.ca

Banff Trail Community Association

BOARD MEETING

First Wednesday of every month

From 7:00 to 9:00 pm

Google Meet video call link:

<https://meet.google.com/gsd-cyzo-fhx>.

Have questions about Hall rentals or availability?

Contact our Facility Manager at 403-282-2234
or hallmanager@banfftrailcommunity.ca

Office hours are Tuesday 6:30 to 8:00 pm

Fuelling Young Athletes

by Alberta Health Services

Nutrition is important for young athletes (ages 12 to 18) because it supports both healthy growth and sports performance. Young athletes who fuel their bodies with healthy choices will get more out of their training and perform better during competition.

Here are some tips for young athletes:

Before your activity

Drink 1.5 to 2.5 cups of water two to three hours before activity to hydrate your body.

Plan to eat a meal two to three hours before an activity to give your body time to digest and convert it to fuel for your muscles. If you only have one to two hours before an activity, eat a smaller snack instead. Choose foods that contain carbohydrates and proteins, as well as foods that are lower in fat and fibre. For example, try a fruit smoothie, a chicken wrap or an egg and toast.



During an activity

Water is the best fluid to keep you hydrated when you are active for less than one hour. Bring a water bottle with you and drink every 15 to 20 minutes during an activity. If you are active for more than one hour and sweating a lot, you may benefit from a sports drink. A sports drink provides carbohydrates (energy) and replaces the electrolytes you lose when you sweat. Avoid low carbohydrate sports drinks and drinks with caffeine or carbonation (fizz).

After activity

After an activity, drink fluids and eat food to help you refuel and recover. Drink one to two cups of fluid and eat foods with carbohydrates and proteins. Choose foods such as cereal and milk, fruit and Greek yogurt or a nut butter sandwich.

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

Help Is Here

Many Canadians find the holidays to be challenging, with more than half of Canadians saying that the holiday season can be a source of anxiety, depression, and loneliness. Fortunately, this holiday season accessing help has become easier. Beginning November 30, Canadians in crisis from coast-to-coast will be able to call or text 9-8-8 and obtain counselling free of charge.

This new three-digit number aims to provide accessible and timely support to individuals in crisis, offering hope and saving lives. I was proud to vote in favour of establishing this hotline when my Conservative colleague, Member of Parliament Todd Doherty, introduced it in 2020. Since then, Canadians have waited years for 9-8-8 to be implemented; during this time, the COVID-19 pandemic highlighted the importance of accessible mental health resources.

This easily remembered number allows individuals in distress to swiftly connect with trained professionals. 9-8-8 operates 24/7, providing immediate assistance and reducing barriers that may prevent someone from reaching out for help. Regardless of socio-economic status or geography, 9-8-8 allows for better access to support.

The Centre for Addiction and Mental Health led the coordination of services for 9-8-8 with input from Provinces and Territories, Indigenous partners, crisis services, mental health experts, individuals with lived experience, and public safety officials. 9-8-8 will save the lives of Canadians who feel they have nowhere else to turn. By providing accessible, empathetic, and immediate support, this hotline serves as a beacon of hope, reducing the barriers to seeking help and saving lives.

If you or a loved one are struggling with your mental health, know that help is more accessible than ever. Please do not hesitate to call or text 9-8-8 any time you need mental health crisis or suicide prevention intervention and be sure to share this information with anyone who may be struggling.



Dr. LUANNE METZ
MLA Calgary-Varsity

Hello, Calgary-Varsity! I'm Dr. Luanne Metz, your new MLA. You can contact my office at calgary.varsity@assembly.ab.ca or [403.216.5436](tel:403.216.5436) with your questions and concerns. Scan below to sign up for my digital non-partisan MLA newsletter!

Happy Holidays!

- ✕ @luanne_metz
- 📘 @drmetzndp
- 📷 @drmetzndp



<https://linktr.ee/mlametz>

GIVE THE GIFT OF COMMUNITY EVENTS DONATE YOUR BOTTLES

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TO SCHEDULE A PICK UP OF YOUR BOTTLES FOR DONATION TO BTCA EVENTS

ALL FUNDS COLLECTED CONTRIBUTE TO EVENTS AT THE BTCA

UNTO US

a child is born.
ISAIAH 9:6

celebrate with us



MERRY AND BRIGHT CAROLING NIGHT

INDOORS ON DECEMBER 22 AT 7:00PM
COME EARLY FOR HOT CHOCOLATE!

INTERACTIVE OUTDOOR NATIVITY EXPERIENCE

THE CHRISTMAS STORY TOLD
WITH LIVE ANIMALS & ACTIVITIES FOR ALL AGES!
DECEMBER 24 FROM 10:30AM TO NOON

CAROLS AND CANDLES

TRADITIONAL CHRISTMAS EVE WORSHIP
DECEMBER 24 AT 7:00PM



3303 CAPITOL HILL CRES NW

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THE BANFF TRAIL EVENTS COMMITTEE IS
SEEKING MORE PEOPLE TO GET INVOLVED
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