

FEBRUARY 2024

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*Community
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11TH FEBRUARY 2024 2-4PM

HOT CHOCOLATE,
TREATS, MUSIC
& MORE

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
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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



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.



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

Kids Clothing Swap

Feb 10th
2-4PM



Swap don't shop

A BTCA Eco Committee Initiative

Banff Trail
Community Association
2115 20 AVE NW



JOIN US FOR OUR 70TH SEASON!

Baseball for Girls & Boys Ages 4-16
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NOW



News from the Friends of Nose Hill

by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.



BANFF TRAIL COMMUNITY ASSOCIATION

2023/2024 BOARD MEMBERS

Directors:

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



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 Tuesdays and Thursdays,
9:00 am to 5:00 pm

February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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 who deserves to be featured in our newsletter? How about photographs of our community? If you do please contact memberships@banfftrailcommunity.ca.

Christmas 2023

A heartfelt appreciation goes out to each and every one of you who graced us with your presence at our Christmas celebration! Despite the warmer weather preventing us from challenging Santa to a skating race, the day was brimming with joy. From the melodies that filled the air and the delightful snapshots with Santa and Mrs. Claus to decorating cookies and engaging in Christmas crafts, every moment was a testament to the spirit of the season.

The BTCA would like to extend our sincerest gratitude to our local Edelweiss Village for their generous supply of chocolates, adding an extra sprinkle of sweetness to our event. A special acknowledgment to Ward 7 Councillor, Terry Wong for his unwavering support, providing us with piping hot chocolate and an array of delectable treats that added to the warmth of the occasion. Thank you all for making it truly magical!



Don't Get Stung by the Bee!

The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!



No matter how much you sweat, we can get the stink out!

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Help Reduce Single-Use Items Waste

by the City of Calgary

The best way to reduce single-use items waste is to stop using them whenever possible. Using less single-use items will help reduce garbage and litter. Calgary's new Single-Use Items Bylaw started January 16.

It focuses on waste reduction by encouraging Calgarians to avoid single-use items where practical, ask for items as needed, or choose reusable options. Businesses will be required to charge a minimum fee on new paper and reusable bags and provide foodware accessories (utensils, napkins, straws, chopsticks, etc.) by request only.

Calgarians can do their part by asking for only the bags and foodware accessories they need, and by bringing their own bag to avoid the fees. This bylaw applies to in-store, take-out, drive-thru, delivery, and online ordering. Learn more at calgary.ca/singleuse.



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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, 403-269-2707.

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