

JULY 2025

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OPEN BTCA BOARD POSITIONS

- Secretary
- Planning & Development
- Events
- Director at Large

JOIN US!



PLEASE EMAIL:

president@banfftrailcommunity.ca

communications@banfftrailcommunity.ca

Banff Trail Community Association

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

DIRECTORS

President	Nathan Chandler	president@banfftrailcommunity.ca
Vice President	Patrick Oscienny	vp@banfftrailcommunity.ca
Secretary	Vacant	secretary@banfftrailcommunity.ca
Treasurer	Kathy Quinn-Bayrack	treasurer@banfftrailcommunity.ca
Events	Vacant	
Planning and Development	Vacant	development@banfftrailcommunity.ca
Communications	Vacant	communications@banfftrailcommunity.ca
Membership	Vacant	
Garden Group	Natasha Freedman	garden@banfftrailcommunity.ca
Director at Large	Evan Gillespie	
Director at Large	Greg Boorman	
Director at Large	Alex Lush	
Director at Large	Mark Davis	
Director at Large	Kristen Street	

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

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 communications@banfftrailcommunity.ca.



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): @BanffTrailIYC



SCAN ME



**UPCOMING
EVENTS**



**VOLUNTEER
OPPORTUNITIES**



**Let us know how you feel about your
community and the BTCA!**

What would you like to see for upcoming events?
What programs and services could we be providing?
Or any feedback BTCA related!

Email: communications@banfftrailcommunity.ca
www.banfftrailcommunity.ca

Banff Trail Community Association

BOARD MEETING

First Wednesday of every month
From 7:00 to 9:00 pm

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



**ONLINE
VOLUNTEER
REGISTRATION**

Visit
www.banfftrailcommunity.ca
to find our online registration
form and get involved with
great upcoming events!

JOIN US NOW!

The graphic features a blue background with white clouds at the bottom. On the right, there is a circular logo for the Banff Trail Community Association (BTCA) with the text "BANFF TRAIL COMMUNITY ASSOCIATION" around the perimeter and "BTCA" in the center. Above the logo, several hands of different colors are raised. A blue arrow points from the text "great upcoming events!" towards the "JOIN US NOW!" button.



BTCA

**HAVE YOUR PHOTOS FEATURED IN THE
E-NEWSLETTER**

**CALLING ALL
PHOTOGRAPHERS**

Have you taken a photo in the community that
deserves to be shared? The BTCA would like to feature
your photo in the Banff Trail Bulletin.

The graphic has a blue background with a green triangle at the bottom. In the top left corner is the BTCA logo. In the center is a detailed illustration of a vintage camera. The text is in white and yellow.



DON'T MISS A THING!

Did you know BTCA has a monthly
E-Newsletter? Sign up now and stay in the loop!

Email Address

The graphic has a blue background. At the top center is the BTCA logo. Below it is the text "DON'T MISS A THING!" in large, bold, green letters with a white outline. Underneath is a smaller line of text in white. Below that is a laptop screen showing a photo of two children at a table with a sign that says "Email Address" and a text input field. There are white starburst graphics on either side of the laptop.

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.



Community Board Game Night

Friday, July 11

7:00 pm - 9:00pm

2115 20 AVE NW

**Bring your favourite game or play
one of the 30+ games available.
Now with Ping Pong tables!**



Why Volunteering in Your Community Matters

Volunteering is one of the most impactful ways to strengthen and support your community. By giving just a little of your time, you can help create a connected, vibrant, and welcoming neighbourhood. Plus, the benefits of volunteering go both ways—it not only helps others but also brings a sense of fulfillment and joy to you.

Why Volunteer?

- **Build Connections:** Volunteering helps you meet new people and build friendships with neighbours you might not have known otherwise.
- **Make a Difference:** Your efforts can create positive change, whether it is by organizing events, maintaining local spaces, or helping community programs thrive.
- **Learn New Skills:** Volunteering provides an opportunity to develop new abilities and gain valuable experiences that can be useful in other areas of your life.
- **Feel Good:** Giving back boosts your mood and overall well-being, bringing a sense of purpose and community pride.

Ways to Get Involved

- **Event Support:** Help at BTCA events like community events, holiday celebrations, committees, or seasonal activities.
- **Community Garden:** Join in on maintaining our community garden—grow fresh produce while fostering environmental awareness.
- **Youth Programs:** Mentor or assist with youth sports, educational workshops, or art programs. We need volunteers for soccer!
- **Local Cleanups:** Participate in community cleanups to keep parks and public spaces beautiful.
- **Board and Committees:** Consider joining the community association's board or a committee to help shape future initiatives and events.

Your time and effort can make a lasting impact. Ready to get involved? Reach out to learn about upcoming volunteer opportunities in our community!

Email communications@banfftrailcommunity.ca to learn more.

Thanks, from all of us at BTCA!



by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for long-term conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.

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This just in...

- “ This is a really friendly, relaxed and well designed space (the dental care is great too! Haha). It feels like a true self care experience from start to finish, and so far my care has been top notch.” - *CL*
- “ I've never been excited for a dentist appointment before like I was for my first visit yesterday and it did not disappoint.” - *JJ*
- “ Always amazing service from all the staff and every experience is as painless as the dentist can be! They are very accommodating and make sure you're comfortable every step of the way.” - *CH*
- “ The best dental experience I've ever had and I've been to a lot of different places. Now I've found my spot.” - *RL*

Our guide to booking your Swish Appointment

Been thinking about booking your first appointment? Here's your step-by-step guide to becoming a Swisher. Bonus: you picked a great time, we've just dropped a full suite of appointment openings.



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Simply scan this QR code to select your appointment time and submit a request. Be sure to select U/D as your preferred location.



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U4-U8 PROGRAMS



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Do you have a furry, fuzzy, feathered or even a scaly best friend? We want to feature the pets of Banff Trail!

Send us a picture of your bestie hanging out in Banff Trail and we will feature them in our monthly newsletters.

Be sure to tell us their name and a little about them!

Follow and tag us @banfftrailyyc

JOIN THE BTCA EVENTS COMMITTEE

THE BANFF TRAIL EVENTS COMMITTEE IS
SEEKING MORE PEOPLE TO GET INVOLVED
HAVE IDEAS FOR EVENTS?
WANT TO HELP HOST AN EVENT IN THE
COMMUNITY?

EXAMPLES
CLOTHINGS SWAPS
SKATING PARTY
WATER FIGHTS

events@banfftrailcommunity.ca



TIME TO RENEW YOUR BTCA MEMBERSHIP THIS MARCH

✧ FOR ✧

2025-2026

Banff Trail Community Association

DID YOU KNOW?

BTCA MEMBERSHIPS EXPIRE EVERY MARCH

YOUR MEMBERSHIP MUST BE RENEWED MIN 30 DAYS TO VOTE AT THE AGM

EMAIL: MEMBERSHIP@BANFFTRAILCOMMUNITY.CA TO RENEW

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Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

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