

Banff Trail Bulletin

May, 2024



Banff Trail Community Association Memberships

Annual memberships must be renewed on or after March 1, 2024 and are free for the year for residents who reside in the Banff Trail Community boundaries!

If you have not renewed your membership yet, please email membership@banfftrailcommunity.ca or renew online [here](#).

Thanks for supporting BTCA!

Time for Some Spring Cleaning?

Out with the old and in with the new (to you).

BTCA has partnered with [YYC Clothing Swap](#) to host an all ages **CLOTHING AND TOY SWAP!**

Saturday, May 25 from 12:00 pm - 3:00 pm in our Main Hall (2115 20 Avenue NW).

Bring us your clean and gently used items and swap for something new. Clothing swaps are a fun way to clear out your closets and are a more sustainable alternative to buying new.

More info visit our website or click [here](#)



Clothing Swap



BTCA IN PARTNERSHIP WITH YYC CLOTHING SWAP PRESENTS:

ALL AGES CLOTHING & TOY SWAP

SATURDAY, MAY 25

12:00 PM - 3:00 PM

BTCA: 2115 20 AVENUE NW



SWAP,
DONT SHOP!



More info: www.banfftrailcommunity.ca

Summer Events

MORE INFO TO COME!

BTCA BIKE FEST



SATURDAY, JUNE 1
10AM - 2PM
BTCA 2115 20 AVE NW
www.banfftrailcommunity.ca



BANFF TRAIL ANNUAL STAMPEDE BBQ

- 5:00 PM - 8:00 PM
- Thursday July 4, 2024
- 2115 20TH AVE NW

WWW.BANFFTRAILCOMMUNITY.CA



Banff Trail & Triwood Community Association

Community Clean Up



June 2, 2024



With Triwood Community Association
9:00 am - 2:00 pm @ 2244 Chicoutimi Dr. NW

Monthly Events



BANFF TRAIL COMMUNITY ASSOCIATION
2115 20 AVE NW

BANFF TRAIL COMMUNITY ASSOCIATION

Ladies Poker Social

BTCA
EST 1955

Friday, May 31
7 pm - 9 pm

JOIN THE LADIES FOR AN ENTERTAINING EVENING FILLED WITH CONVERSATION, LAUGHTER, AND A BIT OF CARD PLAYING.



**TEEN/TWEEN
BOARD GAME
NIGHT**

BANFF TRAIL COMMUNITY ASSOCIATION
BTCA
EST 1955

May 10th
7pm - 10pm

2115 20AVE NW

Bring your favourite board/card games or play one of the 30+ available.



**TIME TO RENEW YOUR BTCA
MEMBERSHIP**

✂ FOR ✂

2024-2025

*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

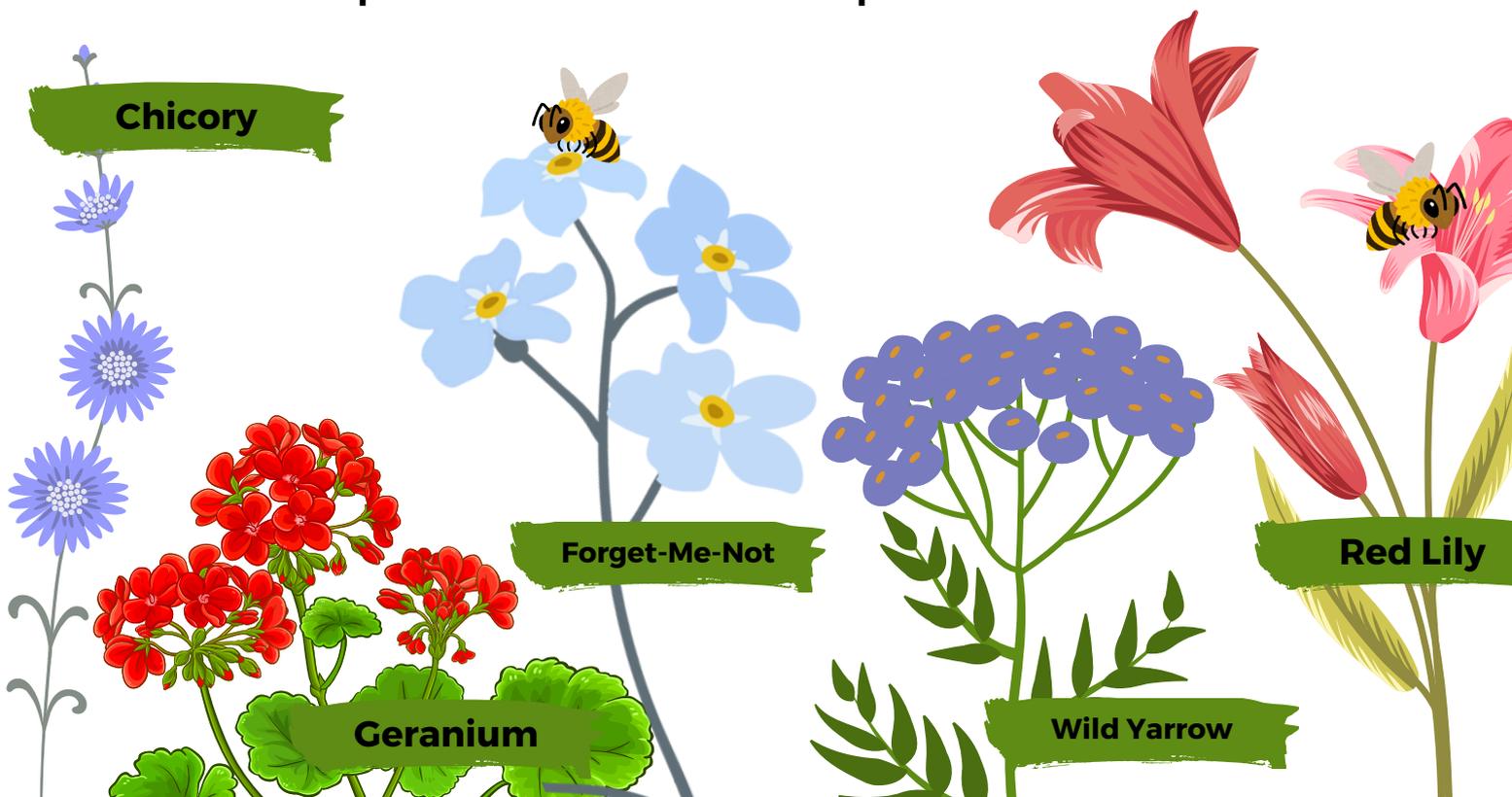


Spring Gardening for Bees

Spring brings not only the joy of gardening but also the opportunity to support vital pollinators like bees. Here are some quick tips:

- 1. Choose Bee-Friendly Plants:** Opt for diverse flowers rich in pollen and nectar, such as lavender, sunflowers, and native wildflowers.
- 2. Plant Early Bloomers:** Start with flowers like crocuses and primroses to provide food for bees emerging from hibernation.
- 3. Avoid Chemicals:** Say no to pesticides and herbicides; instead, opt for natural pest control methods.
- 4. Provide Shelter:** Leave patches of bare ground and install bee hotels for nesting sites.
- 5. Create Water Sources:** Set up shallow dishes of water with rocks for bees to safely access.
- 6. Maintain Blooms:** Regularly deadhead spent flowers to encourage continuous blooming.
- 7. Spread Awareness:** Educate others about the importance of bees and encourage bee-friendly gardening practices.

With these simple steps, you can create a bee-friendly garden and contribute to the preservation of these vital pollinators!



Community Garden

BTCA Community Garden

Those who join the garden have access to a raised bed for their own produce and also agree to contributing to the care of the shared spaces throughout the season.

Three times a year we gather for work days (2 in the spring and one in the fall) and members also sign up for a week of garden care between May and September where they weed and water the communal spaces.

We are so thankful for all the people who happily give their time to weeding, watering, mowing and turning the compost. It takes many hands to maintain this beautiful space.

Sunday May 26: Garden Planting Day 9:00 am - 12:00 pm

BACKUP Sunday June 2 Garden Planting Day 9:00 am - 12:00 pm

EMAIL: garden@banfftrailcommunity.ca for more info!



Good Food Boxes

Friendly reminder that Good Food Boxes are for everyone!

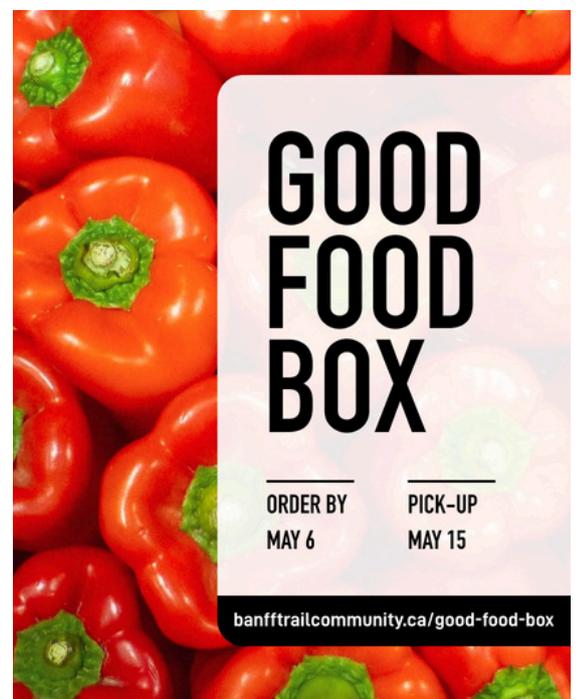
Affordable, fresh food with a convenient pick up location in Banff Trail.

TO ORDER: email goodfoodbox@banfftrailcommunity.ca

- small box (20-25lbs) is \$30
- medium box (25-30lbs) is \$35
- large box (35-40lbs) is \$40

ORDER EARLY SO YOU DON'T FORGET!

The next Good Food Box orders must be placed by **MAY 6** for pick-up on **MAY 15**.



From our Neighbours

YOU'RE INVITED TO JOIN THE

PARENT & BABY/TOT GROUP

At Capitol Hill Community Association
10:30 to Noon on Most Mondays
starting April 8, 2024

TO ATTEND AND RECEIVE IMPORTANT INFORMATION PLEASE CONTACT:
BABYGROUP@CAPITOLHILLCOMMUNITY.CA



REQUIREMENTS

Membership or Associate Membership with Capitol Hill Community Association (visit: capitolhillcommunity.ca)

SPORTS NIGHT

feelin' alright



MAY NEIGHBOUR NIGHT IN CAPITOL HILL

- CALGARY ULTIMATE FRISBEE FOR AGES 8-16
- SPORTBALL FOR AGES 2-7
- OPEN MIC - ALL AGES
- LOUNGE AND CANTEEN
- KIDS ACTIVITIES

FREE, ALL-AGES FUN

FRIDAY, MAY 17, 2024
6-10 PM

1531 21 Ave NW - Capitol Hill Community Association

KIDS MUST BE REGISTERED FOR THE AGE-APPROPRIATE SPORT OPTION. SEE QR LINK OR WEBSITE.



https://capitolhill.getcommunal.com/parent_programs

BIKES & BEATS ON THE HILL



Kick off BikeFest 2024 in Capitol Hill with:

- Free bike tuneups c/o Velofix
- Kids activities and bike jumps
- Live music in the park
- Ask the Horticulturalist booth

Thanks to special sponsor,
Calgary Foundation



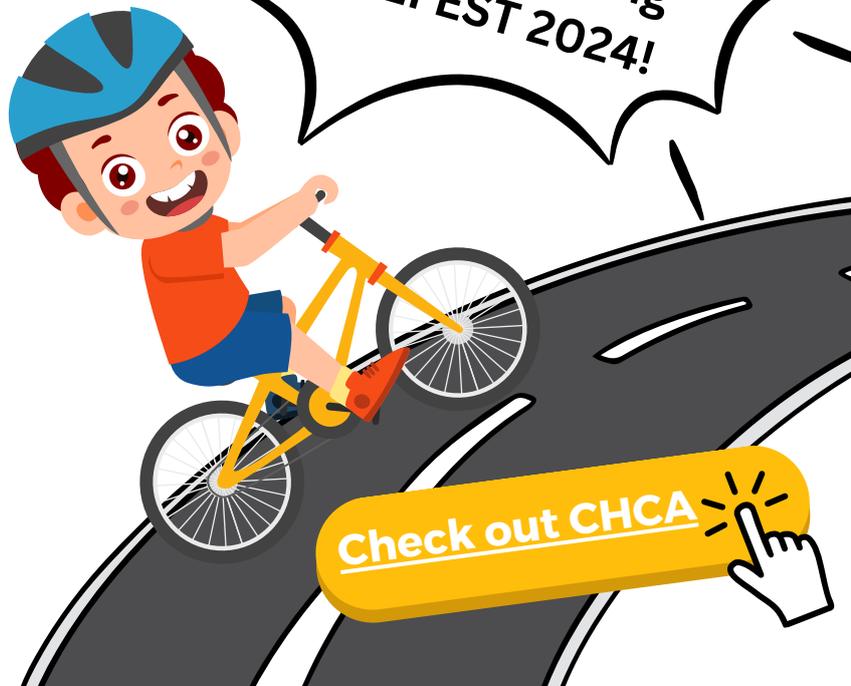
SAT JUNE 1
2024

FREE

TIME
2-5 PM

1531 21 AVENUE NW CALGARY AB

Make sure to ride over to CHCA during BIKEFEST 2024!



Check out CHCA

Local Business Directory

Restuarants, Coffee Shops and Take Out

Cheese & Dough Pizza

2220 20 Ave NW

Phone: 403-454-3424

[Menu](#)

The Artist Lounge

1840 20 Ave NW

Phone: 403-455-0992

[Menu](#)

Saigon Y2K Vietnamese

2110 Crowchild Trail NW

Phone: 403-282-2553

[Menu](#)

Weeds Cafe

1093 20th Ave NW

Phone: 403-282-7940

Kim's Katsu and Roll

2826 Morley Trail NW

Phone: 587-352-9644

[Menu](#)

Higher Ground Cafe

2502 Capitol Hill Cres NW

Phone: 403-668-1175

[Menu](#)

Plumbers

Jack Dish Plumbing & Heating Ltd.

403-835-2023

Email: info@jackdishplumbing.ca

[Website](#)

Ski/Snowboard Tuning

Glide Factory

2824 Morley Trail NW

Phone: 403-402-4209

Email: theglidefactory@gmail.com

[Website](#)

Pet Groomer

Swag

759 Northmount Dr NW

Phone: 403-289-2208

[Website](#)

Lawyers

Rolland C. Lequier, B. Comm, LLB, TEP, EPC

Elite Counsel, Barrister & Solicitor

Wills & Estate Planning, Probate, Real Estate

403-264-0036

rolland@elitecounsel.com

[Website](#)

Hair & Nail Salons

Vivid Hair Design Inc. Hair, Nails and Spa

1904 20 Ave NW

Phone: 403-500-1801

[Website](#)

Rose's Nails & Spa

2828 Morley Trail NW

Phone: 403- 454-9238

[Website](#)

Cannabis Retailer

Collage Cannabis

1907 20th AVE NW

403-453-1916

Email: collagecannabis@gmail.com

[Website](#)

Realators

Paula Kahr, CIR Realty

Phone: 403-512-8836

Email: pkahr@cirrealty.ca

John Preston, Re/Max

Mountain View

Phone: 403-617-6009

Email: prestonsgt@gmail.com

Happening at BTCA

Taekwondo

Monday 4:00 pm - 6:30 pm
& Wednesday 4:00 pm - 6:30 pm
Trainer: Robert Scott
Register @ www.scott-tkd.ca

Game Nights

Family Game Night
Friday, June 14
7:00 pm -10:00 pm Main Hall

Tween/ Teen Game Night
Friday, May 10
7:00 pm -10:00 pm Main Hall

Seedlings Daycare

Monday-Friday 7:30 am - 5:30 pm
Full day Bilingual Preschool & Daycare
Short day Bilingual Preschool & Daycare
Bilingual Kindergarten.
To register call 403-210-0604
find more information at
www.seedlingsspanishpreschool.com

Youth Council

Youth Council meetings are the third Thursday of every month, youth aged 12-17 are invited to join other local teens in making a difference in our neighbourhood.
ycl@banfftrailcommunity.ca
Returning Soon, 7:00 pm - 9:00 pm,
location TBA

Ladies Poker Night

Join other community members learning to play poker in a safe and inclusive environment that is welcoming to all. Last Friday of the month.
Friday, May 31: 7:00 pm - 9:00 pm in our Boardroom.

Conversation Club

Mondays 1:00 pm - 3:00 pm
Join other young at heart community members in lively discussion held in the Boardroom.

Yoga Classes

All levels Yoga Tuesdays 6:00 pm -7:00 pm
Register by contacting Margau.
yogamarg@telus.net
403-585-0043

One Lotus Chair Yoga Mondays
2:30pm-3:30pm
Register by contacting yogamarg@telus.net
403-585-0043

Monthly Board Meeting

Meetings are the first Wednesday of the month. Community members are welcome to attend meetings, on-line or in person. Have something you would like to say, or have an idea/event you want to share with the community? Please email president@banfftrailcommunity.ca to discuss your issue in advance of the meeting. Community feedback is always welcomed.

Join the meeting online:

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

Next meeting is:

Wednesday, May 1 @ 7:00 pm

Community Garden

Interested in volunteering with the garden and plant upkeep? Contact the Garden Club to see how you can pitch in.

garden@banfftrailcommunity.ca



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



If you have community news or information you would like included, please email communications@banfftrailcommunity.ca to have your article reviewed.

If there is information you think should be included, please let us know.

We love hearing your feedback!