

AUGUST 2023

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# Have you considered renting a spare bedroom in your home to a UCalgary student?

**Calgary is experiencing a housing shortage, and university students are actively seeking rooms to rent for September. Your guest room could be the perfect solution!**

By renting a room to a student, you can provide them with a comfortable living environment while earning some extra income for yourself.

We recommend posting your spare room for rent on either [spaceshared.ca](http://spaceshared.ca) or [places4students.com](http://places4students.com) if you're interested. SpacesShared connects older adults interested in homesharing with students, and UCalgary's Students' Union works in partnership with Places4Students.



# Community Cleanup

Sunday, September 17th 2023  
9am-2pm



15 - 20 volunteers needed. Sign-up at [triwoodcommunity.com](http://triwoodcommunity.com) or email [programs@triwoodcommunity.com](mailto:programs@triwoodcommunity.com)

## ALLOWABLE ITEMS

### Small Appliances

- Fan
- Hair Dryer
- Heater
- Iron
- Microwave
- Toaster
- Shaver
- Vacuum
- Residential Air Conditioner
- Note: Products with Refrigerant not Accepted

### Audio Visual

- CD Player
- Clock Radio
- Digital Camera
- DVD Player
- Headphones
- Satellite Dish
- Satellite Radio
- Speakers
- Video Camera

### Telecom Devices

- Answering Machine
- Cell Phone
- Landline Phone
- Modem and Router
- Pager
- Satellite Phone
- Speakerphone

### Power and Air Tools

- Drill
- Grinder
- Miter Saw
- Nail Gun
- Residential Air Compressor
- Sharpener
- Shop Vacuum
- Skillsaw
- Table Saw

### Games, Toys, and Music

- Action Figure
- Amplifier
- Guitar
- Keyboard
- Microphone
- Ride-on Toy
- Toy Robot
- Toy Vehicle
- Video Gaming Equipment

### Lawn and Garden

- Edge Trimmer
- Lawn Mower (Battery/Electric)
- Leaf Blower
- Pressure Washer
- Rototiller
- Snow Blower
- Weed Eater
- Note: Gas-Powered Products not Accepted

**Technotrash reserves the rights to refuse any item NOT on the previous list or any item with too much plastic, that is dirty, or contaminated.**

- ~Liquids of any kind (gas, paint, or chemical)
- ~Compressed cylinders (propane tanks or fire extinguishers)
- ~Hazardous waste
- ~Household batteries

- ~Large appliances (stoves, dishwashers, washers, dryers)
- ~Anything with Freon (AC units, water coolers, or fridges)
- ~Fluorescent light fixtures or bulbs
- ~Thermostats

- ~Smoke detectors
- ~Glass of any kind
- ~Media - VHS tapes, DVDs or CDs
- ~Loose rechargeable batteries
- ~Loose ink and toner

TWC Directory	
President	Mark Whiteman
Vice President	David Fong
Treasurer	Carlos Alonso de la Paz
Secretary	Vacant
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Executive Director	Chad Geiger
Bookkeeper	Jonthan Fong
Community Relations	Sandra Rhead
Operations and Events Manager	Jennifer Waller
Arena and Facilities Manager	Jim Pilling
Programs Coordinator	Bianca Ridge
Marketing Coordinator	Garrett Poon
Soccer Coordinator	Victoria Baker
Scouts Coordinators	David Fong and Mark Whiteman
Cubs Coordinator	Andrew Waddington
Beavers Coordinator	David Fong and Andrew Waddington

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e-mail: [nancy@swanby.com](mailto:nancy@swanby.com)  
(house calls and after-hours appts. still available)

# Triwood Community Social Groups

## Triwoodmen; Men's Social Group

### Tuesdays from 1:00 to 4:00 pm

The Triwood Sr. Men's group is always welcoming new members to their Tuesday afternoon pool matches, card games, and conversations. Join for some community camaraderie!

## Trilighters; Ladies' Social Group

### Thursdays from 1:00 to 4:00 pm

Our Triwood Sr. Ladies' group offers a home for those looking for some friendship, games, and conversation throughout their week. Tai Chi is available twice per week, and each Thursday our group meets during the day for card games, tea, and coffee!

Contact [king\\_berta@yahoo.com](mailto:king_berta@yahoo.com).

## Bridge

### Wednesdays from 1:00 to 3:00 pm

Do you enjoy playing bridge for fun? The Wednesday Bridge Group now plays weekly at Triwood Community Centre. Join us downstairs at JT's lounge (facing the arena) every Wednesday afternoon from 12:45 to 3:00 pm. New bridge enthusiasts are welcome!

Contact Roman at 403-289-6244.

## Parent and Tot Social

### Mondays and Wednesdays from 10:30 to 11:30 am

Bring your little one to our parent and toddler social group! While your little ones play, meet new little friends, and spend time building movement and cognitive skills, our Triwood parents/guardians have the chance to socialize with people their own age.

Drop-ins welcome. Free two-year Triwood membership required.

Contact [programs@triwoodcommunity.com](mailto:programs@triwoodcommunity.com).

## Chess Group

### Every Third Monday

Chess Night and Social for all chess lovers at any skill level. Join us on the third Monday of the month at 7:00 pm for our community game night. All you need to bring is you.

## JT's Community Social and Burger Night

First Wednesday of the month, come meet your neighbours and enjoy a \$10 burger.



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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## Volunteering At Triwood

Looking to complete your volunteer requirements for this school year? Or are you interested in spending your time supporting your local community? Reach out to [programs@triwoodcommunity.com](mailto:programs@triwoodcommunity.com) to be added to our volunteer list.

Interested in working on volunteer-based projects? Have an idea you'd like your community to consider? Share with us at [programs@triwoodcommunity.com](mailto:programs@triwoodcommunity.com).

## Free With Our Free Triwood Membership:

**Burger Nights - Every Wednesday, 5:00 to 11:00 pm**

Enjoy our community burger nights at our JT's Clubhouse!

JT's has a new menu and extended hours.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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\* All Triwood residents receive the friendly neighbourhood 10% discount.



Now Located At:  
Triwood Community Centre

## Confederation Park 55+ Activity Centre

### **NEWS FROM YOUR NEIGHBOURS AT CONFEDERATION PARK 55+ ACTIVITY CENTRE**

Triwood Trumpet



August 31 st – Summer Wrap up BBQ – \$10.00 members and \$20.00 for non-members.

(sponsored by R&D Retirement Solutions)

September 1 st – Games Afternoon in the Pub 12:00-2:30 \$10.00 (includes pizza)

September 15 th – Bowling Event “Golden Bowlers” 11:00 a.m. at the Bowling Depot  
(sponsored by Brix Real Estate)

September 14 th – Tea and Conversation has been cancelled for this day

October 6 th – Thanksgiving Event – Presentation by Pioneers \$30.00 members  
\$50.00 non-members

Watch our website and newsletter for upcoming classes for the fall!

All events, presentations and classes **MUST** be registered and paid for in advance.

Please see the office for details.

Confederation Park is launching a housekeeping program as of September 1 st .  
If you are interested and want more details please contact the centre or view our website. You can then make an appointment to visit the Centre and complete the documents required with Jeannette or Nigel.

### **TEA & CONVERSATION**

Join us from 1:30 – 2:30 pm Thursday afternoons for our Tea & Conversation (T & C) program.  
Live music, dancing, refreshments & stimulating conversation promote the physical, social and mental well-being of older adults.

A \$5 weekly donation is suggested to help subsidize the cost of the program.  
Call Debbie Nay, 403-289-4780, ext. 206 or [debbie.nay@yycseniors.com](mailto:debbie.nay@yycseniors.com).

### **JOIN US AND STAY ACTIVE, STAY ENGAGED AND ENJOY EVERY MOMENT!**

Email [info@yycseniors.com](mailto:info@yycseniors.com) to join our email list to receive updates about upcoming Confederation Park 55+ events.  
Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1  
[info@yycseniors.com](mailto:info@yycseniors.com) | 403-289-4780 | [yycseniors.com](http://yycseniors.com) | FB @CP55AC



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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](http://www.communitymediation.ca), 403-269-2707.

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**HOUSE AND YARD MAINTENANCE:** Spring and fall yard clean ups, power raking, leaf clean-up, flower beds, hedge trimming, top dressing, and weeding. Eavestrough cleaning/leak sealing, window cleaning, fence work, and gates. Exterior painting such as decks, trims, and window frames. Commercially insured. Call Ryan at 403-202-1263.

**JUNK REMOVAL IN CALGARY:** Speedyjunk2go provides roll off bin and junk removal for construction, demolition, home renovations, event cleanups, moving and estate cleanouts. Ready to get started? Give us a call today at 403-818-2010 or check out [speedyjunk2go.ca](http://speedyjunk2go.ca) and let us assist you in your cleanup journey. Together, we'll make your project a resounding success!

# Scouts About - 4th Elks Triwood



## August Updates

Happy summer, everyone! We hope that you are exploring the outdoors over the summer holidays. If you have been on an outdoor adventure, tag us on Facebook @4thElks! At 4th Elks, we are gearing up for the 2023/24 season and we would like to extend an invite to community members interested in joining Scouting. For those who aren't familiar with Scouting, here is who we are and what we do.

Scouting is the largest youth organization in Canada and globally with a mission to develop well-rounded youth for success in the world. Scouting is run through community groups affiliated with Scouts Canada. Each community group is 100% volunteer run. At the 4th Elks Triwood, our parents and leaders collaborated to create our four pillars: Community Engagement, Family Connections, Friendship, and Outdoor Adventures. We incorporate at least one pillar in all the activities that we do. Scouting is open to all ages.

## Beavers

Ages 5 to 7, Motto: Sharing, Sharing, Sharing

Highlights for our Beaver Scouts include going to Camp Cadicasu, sleeping over at the Airplane Hangar, and going canoeing on Lake Bonavista. We have more adventures planned for 2023!

## Cubs

Ages 8 to 10, Motto: Do Your Best

Cubs ended their year with an overnight backpacking fishing trip. In 2024, there is talk of a five-day camp at the Wilderness Rendezvous in Cypress Hills and/or an overnight canoe expedition!

## Scouts

Ages 11 to 14, Motto: Be Prepared

Scouts have big plans to go to Pacific Jamboree (PJ) in July 2024. At PJ, the Scouts will camp out on the west coast with Scout groups from all over western Canada and northwestern USA.

## Ventures

Ages 15 to 17, Motto: Challenge

We do not have a Venturer company presently, but we're open to starting one! Ventures have done trips like sea kayaking in Mexico, hiked the Chilkoot Trail in the Yukon, or the East Coast Trail in Newfoundland. As well, Ventures have helped organized large group camps for Cubs!

## Rovers

Ages 18 to 26, Motto: Go Beyond

We do not have a Rover company, but Rovers plan epic adventures, are active in community endeavours, and contribute to international aid.

## Become a Leader

Anyone 16 years of age or older can be a leader. If you are interested in building youth and community presence, all you need is a sense of adventure. Don't worry about 'having the skills,' you can build those along the way!

For more information, contact us at [4thElksTriwood@gmail.com](mailto:4thElksTriwood@gmail.com).



# JT'S HOURS

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Tuesday | 3-10pm  
Wednesday | 4-10pm  
Thursday 7-10pm



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**CHARLESWOOD—23 STREET**  
Solid well-built bungalow over 1,150 sq. ft located in an elevated lot with the size 55' by 100' on quiet treed street in Charleswood. Short walk to Canmore Park, schools, bus stop, close to all amenities.  
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