

SEPTEMBER 2023

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Monday to Friday 9:30 am - 6:00 pm
Saturday 8:30 am - 5:00 pm

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans, which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



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Triwood AGM Announcement

Your presence can make a difference! Join us at the Triwood Annual General Meeting on Thursday, October 19 at 7:00 pm. This pivotal gathering is an opportunity to engage in the direction of our community and ensure your voice is heard. Before the meeting, at 6:00 pm, we're hosting an open house, complete with snacks and beverages, where you can connect with fellow residents, share ideas, and build a stronger sense of community. Together, let's chart the course for the future of Triwood. Mark your calendars and come to the Triwood Community Centre – we're eager to have you with us!



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.

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.

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.

FALL MARKET
SAVE THE DATE!
SUNDAY, OCTOBER 1ST 2023
TRIWOOD COMMUNITY ASSOCIATION
10AM-4PM

TRIWOOD
HILL
MARKET



News from the Friends of Nose Hill

by Anne Burke

What Happened 50 Years Ago to Preserve Nose Hill?

The Calgary Council of Women wanted a legacy. In 1973, the City created the park after a lengthy debate. Council rejected a development application when communities favoured a major natural environment park. "Citizens for Nose Hill" presented a "Citizens' Brief." Then a steering committee produced the "Nose Hill Design Brief."

A rezoning challenge was only one of the obstacles because much of the land was privately owned. It was urgent to preserve it because some was already sold to developers, with a parcel to a homebuilder.

Community leaders and concerned citizens collected over 5,000 signatures on a petition opposing the rezoning. They organized a march along John Laurie Boulevard in defence of Nose Hill. There was even a children's petition, and their voices were heard.

City Council voted against any rezoning. However, the City still needed more time to buy up the land. The Supreme Court of Canada gave Calgary the right to purchase land on Nose Hill at its own pace. The provincial government agreed and declared that the Nose Hill lands be retained as a public open space in perpetuity.

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THE FIRST CANADIAN SATELLITE

On September 29, 1962, Canada became the third country (after the Soviet Union and U.S.) to launch a satellite into space. Named after a popular French song, *Alouette-1* was sent to study the ionosphere. It exceeded its expected lifespan of one year, remaining operational for 10 years, and sent millions of groundbreaking data back to Earth.

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 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.

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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CHARLESWOOD



COLLINGWOOD



Broomball at Triwood

Looking for a unique way to have a blast and stay active? Look no further than our broomball "lite" sessions! Whether you're a seasoned player or a complete beginner, our friendly and safe atmosphere welcomes everyone to enjoy the thrill of the game. We've replaced the traditional hard ball with nerf/foam balls and adopted a no contact rule, so you can focus on having fun and honing your skills without any worries.

The excitement kicks off in September, with sessions every Sunday from 5:30 pm onwards. It's an excellent opportunity to not only learn a new sport, but also to get your heart pumping with a fantastic aerobic workout. With just a minimal sports fee, you'll secure eight months of enjoyable gameplay, plus the chance to give back by volunteering at other events and fundraisers. We've got the brooms and balls covered; all you need is a helmet and clean footwear as we play on the Triwood indoor ice. If you find yourself falling in love with the game (which we're sure you will), we can guide you towards broomball shoes to enhance your experience.

All skill levels are welcome, so don't hesitate to sign up via the provided link or reach out to Don at 403-829-2794 for more information. Let's embrace the joy of broomball "lite" together!

NWW Hockey Evaluations Begin September 5!

Evaluations begin on September 5 with prep skates through the first week or two of September. Prep skates will be available for all divisions, except for Junior C.

If you still need to register, you can! Late fees were applied starting August 15, but registration is still open. You can register here: www.nwwarriorshockey.com/registration.

Registration for the NWW Player Development Program is also still open; space is limited. For more information, visit NWW Player Development Program – Northwest Warriors Hockey (nwwarriorshockey.com).

If you are interested in volunteering as an evaluator during the month of September, please reach out to our evaluations team at evalsdir@nwwarriorshockey.com. We are always looking for more qualified hockey people to help!

For more information on our Northwest Warrior program or our Northwest House League, please contact our administrator at admin@nwwarriorshockey.com.

10 Signs That You May Be Suffering from Anxiety

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.

6. Self Consciousness. Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.

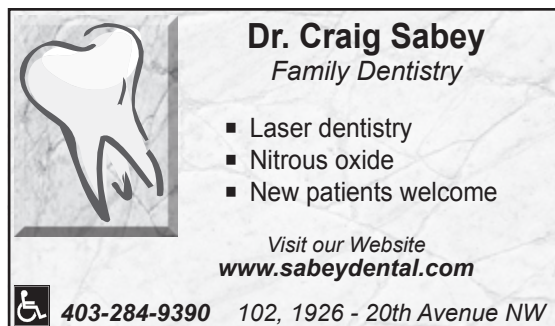
7. Panic and Flashbacks. Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.

8. Irrational Fears. Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.

9. Sleep Problems. Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.

10. Excessive Worry. Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.


If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.



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7:00-8:00pm

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DEMOCRACY WORKSHOP: To help improve our democracy. Thursday, September 28, 2023 from 9:00 am to 5:00 pm. Registration is \$25. For more information go to www.futurepolitics.ca.

Community Cleanup

Sunday, September 17th 2023
9am-2pm



15 - 20 volunteers needed. Sign-up at triwoodcommunity.com or email programs@triwoodcommunity.com

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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.

Asking \$719,900 mls# A2039992

CHARLESWOOD—23 STREET

A good floor plan four level split over 1320 sq ft, situated in a quiet street, with the lot size 55 ft by 100 ft in the area of Charleswood. Short walk to Canmore Park, schools, bus stop, close to all amenities: Confederation Park golf course, U of C, both Foothills and Children's hospitals.

Asking \$699,900 mls# A2039979

CHARLESWOOD—CHALICE ROAD

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