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Chip, Woodbine

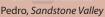


George, Huntington Hills



Lola, Calgary





To have your pet featured, email news@mycalgary.com





George, McKenzie Towne



Misty, Queensland





Have a wonderful holiday season.

tor Triwood Community Association



TRIWOOD DINNER CONCERTS PRESENTS



TWC Directory

President	Mark Whiteman
Vice President	David Fong
Treasurer	Carlos Alonso de la Paz
Members at Large	Sandra Rhead, Jim Heck, Lynn Greig, Danielle Tse, Jordan Crone, Mara Pratt, Dean Stewart and Shannon Harrington
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Accountant	Randy Dalgeish
Administrator	Olivia Fong
Operations and Events Manager	April Morlidge
Arena and Facilities Manager	Jim Pilling
Programs Coordinator	Mackenzie Spong
Community Engagement Manager	Shivani Gibbs
Scouts Coordinators	David Fong and Mark Whiteman
Cubs Coordinator	Andrew Waddington
Beavers Coordinators	David Fong and Andrew Waddington
Executive Chef	Mayur Kunte

Volunteering in Triwood

We have counted over 1,500 volunteer hours contributed since January 2024, so a huge thank you is due! Volunteers have spanned beyond event helpers and are crucial to us for essential fundraising, renovations help, administrative work, social group facilitators, and board members. Volunteering is empathy in action and builds the fantastic community culture we live in. If you're interested in learning more about the volunteer opportunities in Triwood, please visit triwoodcommunity.com/ volunteer and sign up for more information.

Triwood Writers

What stories have you lived?



You can become part of Triwood <

Writers! Join us at the community centre in the Foothills Room (downstairs) from 1:20 to 4:00 pm on the first Thursday of each month, October through December.

This group is designed for individuals who are interested in sharing their personal experiences and memories through the art of writing. Members provide friendly, helpful suggestions to help you become a better writer – take them or leave them! We all learn together. Whether you're a seasoned writer or a novice, our group provides a welcoming environment for all.

Bring your stories told in 500 to 1,500 words. You'll circulate your story by email to our small group a week before each get-together. Then we'll meet to discuss every submission. You'll also get feedback on your writing emailed from each member after each meeting.

It's not a writing course! It's an exploration. It's fun!

Each month through our story sharing, our group dives into collaborative feedback, creating community connections and personal growth.

Interested? Contact Colleen Tobman at tobman@tobman.ca and try something new.





tਰ Triwood Community Association

PEROGY Fundraiser

POTATO & ONION | POTATO & CHEDDAR \$12 FOR 12 PEROGIES | \$40 FOR 48 PEROGIES

Order Deadline: Friday, December 6th **Pick-up dates** Thursday December 19th 10am – 5pm OR Friday, December 20th 10am–7pm

PLACE YOUR ORDERS ONLINE : TRIWOODCOMMUNITY.COM

[Alfred] Nobel Prize



The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."



City Kids: Exploring 4-H **Beyond the Farm**

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

The Intro Clubs in our city have been buzzing with excitement! We're wrapping up another round of daytime and evening programs, filled with hands-on workshops that let kids try new things and make connections with friends over six weeks.

Kids have enjoyed a wide range of activities, from pottery and beekeeping to crafting their own Grinch trees. Each workshop sparked creativity and teamwork, and the feedback from families has been fantastic. Along the way, the kids picked up core 4-H skills like leadership, communication, record-keeping, and community service.





One highlight was our Sourdough Workshop, where participants got a taste of bread dough-making, complete with a wheat grinding demonstration! They also learned about the science behind sourdough and had fun making pizzas with sourdough crust. The aroma of fresh pizza filled the air, and the favourite part was tasting their creations.

We're excited to announce that the Sourdough Workshop will be back in January as part of our next round of clubs, so those who missed it will get another chance!

The Intro Clubs are a great place for kids to grow, make friends, and have fun. We can't wait for the new workshops and activities coming up! For more information on upcoming clubs, please email introclubs@4hab.com. Thank you to all the families who've joined us on this journey-stay tuned for updates, and we hope to see you at our next workshop!



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Five Benefits of Longer-Term Therapy

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



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.



by Anne Burke

Phase 3 of the Connect: Calgary's Parks Plan is underway, and the draft plan was shared with the public and partners before Council's expected approval in early 2025. You can send questions or comments directly to the project team by emailing parksplan@ calgary.ca. Please note that these will not be included in the final Phase 3 What We Heard Report. A Park is a space set aside for enjoyment, recreation, education, cultural or aesthetic use, or for the protection of wildlife or natural habitats. An urban forest includes trees and shrubs intentionally planted, naturally occurring, or accidentally seeded within city limits. This means all trees in parks, river valleys, streets, roadways, natural areas, and commercial and private lands.

A Natural Area is a City-owned park or open space where the primary role is protection of a (relatively) undisturbed parcel or with a natural/native plant community. Natural areas are categorized to provide guidance for management and permitted uses according to habitat sensitivity and conservation needs. Habitat is the environment where the life cycle of a species is found and characteristics of the place (climate or suitable food and shelter). A Habitat Management Plan means a ten-year operational plan on how we manage natural areas that help maintain or improve the health and function of a park. Calgary's natural ecosystems are categorized by their habitat type (e.g., grassland, forest, wetland). There are also categories for classifying parks with natural environments: Special Protection or Major; Supporting (may be buffers), and other naturalized parks. Naturalization means improving management or repairing some function. For Environmentally Significant Areas, some key natural components recognized by the City of Calgary are Water Quality and Quantity; Rare, Intact, or Biologically Diverse content; and Habitat for Native Species of Interest. Read more at engage.calgary.ca/parksplan.

Triwood Community Association

Seeking outdoor rink volunteers

Commitment: 1.5 hours/week

When the outdoor rinks at Triwood are installed. Weather dependent!



Ready to volunteer? Email us!

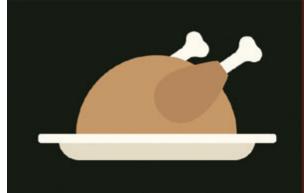
marketing@triwoodcommunity.com



Every contribution, no matter the size, makes a difference.

Together, we can sustain the vibrant community we all cherish.

More info and how to donate online: triwoodcommunity.com





COMMUNITY CHRISTMAS DINNER

FOR TRIWOOD COMMUNITY RESIDENTS

SUNDAY, DECEMBER 15 5:30PM-9PM

\$15/PERSON \$12/CHILD AGES 3-12 CHILDREN UNDER 2 FREE

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Mon. - Thurs. <u> 5pm - 9pm</u>

Lower level of Triwood



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Seeking Volunteers

Want to make an impact?

Reach out to us at marketing@triwoodcommunityc.om if you want to get involved!



tür



Confederation Park 55+ Activity Centre

Activity Centre for all adults 18 years of age & older Located in the Triwood Community Centre

Short Message Here - keep seasonal



yycseniors.com

Upcoming Events TO REGISTER: call 403-289-4780 or visit yycseniors.com/events. All events are 18+.

Dec 2: Free Presentation: Healthy Aging - Lessons from those who live the longest. Complimentary tea, coffee, & snacks. Presented by ComForCare.

Dec 3: Free Presentation: Wills and Beyond. Presented by Chartwell.

Dec 13: Free Presentation: Benefits of Music for Healthy Aging. Complimentary tea, coffee, & snacks. Presented by ComForCare. Complimentary tea, coffee, & snacks.

Jan 6: Free Presentation: Fall Prevention in Seniors. Complimentary tea, coffee, & snacks. Presented by Always Best Care Senior Services.

Jan 13: Free Presentation: Hearing Health for everyone. Complimentary tea, coffee, & snacks. Presented by Beltone.

Jan 14: \$20.00 Donation to the Pantry Program: Makeup Application. Complimentary tea & coffee.

MERRY CHRISTMAS and a HAPPY NEW YEAR FROM CONFEDERATION PARK 55+

NOTE: Tickets are non-refundable & non-transferable. Registration required; no tickets at the door. Menu may change without notice.

Email info@yycseniors.com to join our email list!

Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1 info@yycseniors.com | 403-289-4780 | yycseniors.com | FB @yycseniors

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

Scouts About - 4th Elks Triwood



Fall 2024 Updates

We had a great kick off to the fall as Beavers, Cubs, and Scouts went on a canoe camp to the Red Deer River near Drumheller. The Triwood Scouts also entered two teams into the "Great Escape" event this October. Our team competed against 700 other youth in a giant orienteering game that went from 6:00 pm to 2:30 am and won first prize! Cubs played the animal game in West Confederation Park with 100 other Cubs from NW Calgary. Beavers went on a 'reconciliation' walk along with the Cubs to Nosehill park.

A sleepover at the Tyrell Museum is planned for later in the fall for Beavers and Cubs.



Cubs canoeing Red Deer River in voyageur canoe



Scouts with their 1st place trophy from Great Escape

Fundraisers

Thanks to those of you who provided bottles at our bottle drive this past October.

• **Triwood Christmas Market:** Scouts will work as Fire Marshalls at the Triwood Christmas market to help 'keep the fires burning.'They may have some chocolate on hand to sell.

- **Bottle Drive | January 11:** Scouts will knock on doors to collect bottles. You can also drop bottles at TCA between 9:00 am and 12:00 pm.
- Chocolate Campaign | April: Look for youth selling chocolate almonds around the community.
- Bottle Drive | May 24: Scouts will knock on doors to collect bottles. You can also drop bottles at TCA between 9:00 am and 12:00 pm.

Become a Leader

We need leaders to make these programs happen. If you are new to Scouting or want to get back into Scouting and are interested in building your outdoor skills along with your youth, there is a place for you at 4th Elks. Contact us at 4thElksTriwood@gmail.com.

Facebook: @4thCalgary

Webpage: scoutstracker.ca/hello/4thElksTriwood/About



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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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Councillor, Ward 4 Sean Chu 403-268-3727 ward04@calgary.ca www.calgary.ca/ward4 www.seanchu.ca

Dear Ward 4 Neighbours,

As the year draws to a close and the winter season settles in, I want to extend my heartfelt wishes to each of you for a joyful and restful holiday season. This time of year is a special opportunity to pause, reconnect, and cherish the spirit of community that makes Calgary such a wonderful place to call home.

Whether you're celebrating at home or traveling to be with family and friends, I hope this season brings you warmth, peace, and plenty of moments to savour. Here in Calgary, we're so fortunate to have a community that supports each other in countless ways. From local events to friendly neighbours lending a hand with snow shoveling, these small acts remind us of the strength and kindness that define our neighbourhood.

Don't forget—if you have any City of Calgary-related issues or concerns, you can easily reach assistance by calling 3-1-1, visiting online, or using the 3-1-1 mobile app.

Wishing you a season filled with joy, health, and all the things that make your holiday bright.

Warm holiday wishes,

Sean Chu

Councillor, Ward 4

Word of the Month

Absquatulate: Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.



The sneaky cat managed to absquatulate any time the door was open.



Calgary Confederation Len Webber, MP 2020 – 10 St NW Calgary, AB T2M 3M2 S 403-220-0888 S len.webber@parl.gc.ca

Christmas Help

This month, many families will gather around the table to celebrate Christmas with loved ones. Unfortunately, the meal will not be as grand as it once was for a growing number of families.

Food Banks Canada has reported that food bank use in Canada is setting all-time records with shocking regularity. They report that up to 25% of Canadians are living in a state of poverty, while 35% feel worse-off financially. Canadians are struggling to keep their heads above water, relying on food banks to survive.

Food bank use in Canada has doubled since 2019 with over two million visits in March 2024 alone. This is 6% higher than last year and this year will likely set a new record.

Food Banks Canada blames inflation, housing costs, and insufficient social supports for creating the food insecurity problem.

At the same time, a 23% hike in the carbon tax is not helping. If you tax the farmer who grows the food, and the trucker who ships the food, you end up taxing the Canadian who buys the food.

One-third of those using food banks are children. One-in-five is employed and 70% live in market rent housing. These are people struggling to keep up. Food insecurity has a huge impact on one's mental health and overall health outcomes. This in turn puts additional stress on other social services and the healthcare system.

This Christmas season, if you are able, please donate to a food bank or food pantry so that we can all celebrate Christmas like we used to.

While the need for donations continues throughout the year, your Christmas donation sends a special message of support to those who need it the most during the holiday season.



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ON THE MARKET

3320 BOULTON ROAD NW (BRENTWOOD)

Stunning brand new, custom-built two storey home in Brentwood. 3,630 sq.ft. plus legal basement suite with separate entrance, high ceilings, total of 7 bedrooms, 3 with ensuite, 5.5 bathrooms, 9 ft. ceiling in basement. Double detached garage. Short walk to all levels of school, Brentwood LRT station, University of Calgary and shopping.

Asking \$1,849,900 mls# A2153745

43 EDGEWOOD PLACE NW (EDGEMONT)

This four-level split home boasts over 1,740 sq.ft., across 4 bedrooms and 3 full bathrooms above the ground level. Vaulted ceilings on the main floor and a large oversized bow window. Third level developed an extra bedroom, 1-3 pce bathroom, and a sunroom with the City permit. Most windows and patio doors have been recently upgraded (2018), shingles updated in 2010, sunroom built in 2020, the kitchen and the entrance floor were upgraded in 2022. Heated double attached garage. Close to all amenities.

Asking \$699,900 mls# A2176608

80 CORNERBROOK GATE NE (CORNERSTONE)

**Legal registered basement suite. This is the perfect starter investment property achieving two doors with one purchase or live-up and rent down as a great mortgage helper. Close proximity to Country Hills Blvd, Stoney Trail, Calgary International Airport, Cross Iron Mills Shopping Centre, and minutes away from the newly planned Green LRT line. Shopping plazas, parks, playgrounds nearby making it convenient for all your errands. This is a must-see property for a new homeowner or a property investor! Asking \$594.700 mls# A2176388

226,1920-14 AVENUE NE (MAYLAND HEIGHTS)

Well maintained lowrise apartment complex in Mayland Heights. This loft style end unit boasts 9 ft. ceilings with 2 bedrooms and 2 bathrooms. Plenty of counter space in kitchen. Lots of natural light flows in from the dining room windows. In-suite laundry. In-floor heating system. Close to downtown, shopping, restaurants and major roads.

Asking \$318,900 mls# A2168781



4912 CARNEY ROAD NW (CHARLESWOOD)

Corner lot in Charleswood. This bi-level property is the perfect family home featuring 1,375 sq.ft. above grade with a fully developed basement, 4 total bedrooms, 2 full bathrooms, and hardwood flooring throughout the main floor. A wonderful family home with a great location that is quiet, away from busy traffic, near loads of amenities, and in an established neighbourhood. Just minutes away from John Laurie, Market Mall, and the University of Calgary.

Asking \$769,900 mls# A2170037

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