

FEBRUARY 2024

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# TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



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**TRIWOOD  
SUMMER  
2024**

SUMMER CAMP

**REGISTRATION  
OPEN NOW!**

**TRIWOODCOMMUNITY.COM**



**TRIWOOD  
SUMMER  
2024**

**2024 CAMPS  
PART 1**

**WEEK 1: NATURE EXPLORERS  
JULY 2-5** 

**WEEK 2: SCIENCE SPECTACULAR  
JULY 8-12**

**WEEK 3: CREATIVE KIDS  
JULY 15-19** 

**WEEK 4: ANIMAL ADVENTURES  
JULY 22-26** 



**VALENTINE'S TRIVIA @ JT'S**

Friday February 24th, 2024

Doors open at 6pm; Trivia starts at 7:30pm

Age: 18+

Ticket Price: \$10

"Love is in the air"  
Got that lovin' feeling? Come on out & support JT's by attending our Valentine's Trivia Night. Singled or coupled this evening is sure to be tons of fun! Sign up solo, duo or as a team. You are sure to have a great time! Feature cocktails and pub style fare. Prizes awarded for winners and a little sweet treat for everyone. \$10 Per Person (will go to prizes and future community events)  
To register your team please contact Renée at [eventscoordinator@triwoodcommunity.com](mailto:eventscoordinator@triwoodcommunity.com)



**TRIWOOD  
SUMMER  
2024**

**2024 CAMPS  
PART 2**

**WEEK 5: TRIWOOD OLYMPICS  
JULY 29-AUGUST 2** 

**WEEK 6: INCREDIBLE INVENTORS  
AUGUST 6-9** 

**WEEK 7: CURIOUS QUESTS  
AUGUST 12-16** 

**WEEK 8: CREATIVE KIDS  
AUGUST 19-23** 

TWC Directory	
President	Mark Whiteman
Vice President	David Fong
Treasurer	Carlos Alonso de la Paz
Secretary	Vacant
Members at Large	Sandra Rhead, Jim Heck, Stephanie Church, Sandy Munro, Lynn Greig, Danielle Tse, Jordan Crone, Mara Pratt
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 Coordinators	David Fong and Andrew Waddington

## Seeking Rink Volunteers

It's that time of the season again! As we get ready for the winter season, we are looking for volunteers to help maintain our community's free outdoor skating rinks from November to March. Each week a new team of three to four people will meet to shovel the snow and flood the ice. Without the efforts of people like you, we would not be able to host such a pivotal part of our community. This is a free community amenity and is 100% volunteer maintained, we are reaching out to ask for more volunteers to support us this season. Thank you to our current group of volunteers that have put in wonderful efforts throughout the years and have brought joy to the community.

Please email [programs@triwoodcommunity.com](mailto:programs@triwoodcommunity.com) if you can lend a helping hand.

## 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.

# 2023 Legislature Wrap Up

*On behalf of Luanne Metz, MLA for Calgary-Varsity*

On December 6, 2023, the Government motioned for “closure,” which limited debate and ended the fall session earlier than expected. We stayed late into the night, debating a number of bills until time ran out and the session closed, just past midnight.

The Government passed several bills on the last night of session, including:

- Bill 2 put in place the process to pursue leaving the Canada Pension Plan
- Bill 5 increases the salaries for public board executives
- Bill 8 removes the monetary limit on gifts for MLAs

All Government MLAs voted in favour and all Opposition MLAs voted against.

Our Opposition introduced two bills earlier in the session, reflecting the priorities we hear from our constituents:

- Bill 201, to prohibit private payment for insured health care services
- Bill 202, to require reporting of class size data to establish school funding standards

The Government voted against both of these bills.

For more Legislation details from the past Fall Session, visit [www.assembly.ab.ca](http://www.assembly.ab.ca). The Legislature is expected to resume sitting in the next month.

## Health Care

As the Health Critic for the Opposition, the biggest issues in my inbox are long wait times for surgery and emergency rooms. Resolving this crisis requires urgent action to recruit and retain health care professionals. This must be the government’s priority. As the Official Opposition, my colleagues and I will continue doing everything we can to advocate for a better plan.



AGES 4 & UP

REGISTRATION NOW OPEN!

**Chaos** would like to invite you to

**TRY SOFTBALL!!!**

[www.nosecreeksoftball.ca](http://www.nosecreeksoftball.ca)



**TRIWOOD SOCCER 2024**

COMMUNITY SPRING SOCCER

**REGISTRATION OPEN NOW!**

[TRIWOODCOMMUNITY.COM](http://TRIWOODCOMMUNITY.COM)



**tw**

**Recruiting Casino Volunteers!**

March 29th & 30th 2024

For details, email [executivedirector@triwoodcommunity.com](mailto:executivedirector@triwoodcommunity.com)

# 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!

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CHARLESWOOD



COLLINGWOOD



# 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!

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



Now Located At:  
Triwood Community Centre

# Confederation Park 55+ Activity Centre

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



Triwood Trumpet February

February 9 th, 2024 Games Afternoon in the Pub 12:00-3:00 Cost is \$10.00/person

February 13th, 2024 Presentation: Pub @ 10:00 am - 12:00 pm Alberta Blue Cross sponsored by Chartwell

February 16 th, 2024 Family Day Lunch NEW BAND (“Wild Rose Duo”) Lunch TBD Cost is \$20.00 members and \$30.00 for non-members

March 22,2024 Annual General Meeting Pizza will be served at 12:00, meeting at 1:00.

April 12,2024 Volunteer Appreciation 11:00-2:30 This event is free, but you must register.

April 23,2024 “Spring Cleaning” sponsored by Scenic Acres Retirement Living 10-12 in the Pub

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 now offers Housekeeping services.

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 asked 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



**tw TRIWOOD FITNESS**

## Winter 2024 Programs

**Mondays**  
Flow Yoga | 5-6pm

**Tuesdays**  
Bootcamp | 9:15-10:15am  
Yoga Core & Strength | 5:30-6:30pm  
Zumba | 7-8pm

**Wednesdays**  
Pilates Fusion | 5-6pm  
Hatha Yoga | 6:15-7:15pm

**Thursdays**  
Bootcamp | 9:15-10:15am  
Yoga Core & Strength | 5:30-6:30pm  
Zumba | 7-8pm  
Postural Yoga | 8-9pm

## Writing Group - Sharing Life Experiences

**Date:** First Tuesday of the Month

**Note:** First meeting was January 9

**Time:** 1:00 to 3:00 pm

**Location:** Boardroom, Triwood Community Association

Bring your writing and a willingness to share.

What stories have you lived? How about writing them down in 700 to 1,500 words, circulating them to a small group of seven, and getting together once a month to talk about them? This group is designed for individuals who are interested in sharing their personal stories, experiences, and memories through the art of writing. Members provide friendly, helpful suggestions to make you a better writer; take them or leave them! We can all learn together. Whether you're a seasoned writer or a novice, our group provides a welcoming environment for all.

It's not a writing course! It's an exploration of something you may not have tried to do before. It's fun!

Each month through our story sharing and reflecting, our group will dive into creative exploration, collaborative feedback, creating community connections, and a space for personal growth.

Interested? Contact Colleen Tobman at [tobman@tobman.ca](mailto:tobman@tobman.ca) or and let's get this group started!

**Meeting Dates:** February 6, March 5, April 2, May 7, June 4

Free Triwood membership required.



**tw TRIWOOD FITNESS**

## Triwood Tai Chi For Seniors

**Mondays**  
9:30-10:30am  
Foothills Hall

Please Contact  
Bernice  
[bollnb@telus.net](mailto:bollnb@telus.net)  
to Inquire!

**FREE GROUP | DROP INS WELCOME**  
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# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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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.

**FALCONER HANDYMAN SERVICES LTD:** Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

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**TIM'S PAINTING:** Whether it's a residential space needing a fresh start or a commercial project requiring an expert touch. With over 25 years of experience, expect professionalism, know-how and the dependability of a trusted neighbour. Call now for a free quote! 604-798-8642.



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



The Triwood Plant Pop Up

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**OVER  
THE  
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Tickets for  
Concert:  
\$25

Tickets for Dinner  
& concert:  
\$55

SUNDAY, MARCH 24TH

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REGISTRATION OPEN  
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VENDORS!**

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*Older than  
Dirt Band*



Save the Date!  
**February 3rd**  
at Triwood Community  
Association





# Good Food Box Winter 2024

Order a box of fresh fruit and veg through the Calgary's Community Kitchen program  
Small \$30, Medium \$35, or Large \$40 box

ORDER BEFORE  
**February 18th**

PICK UP ON  
**February 28th**

ORDER BEFORE  
**March 10th**

PICK UP ON  
**March 20th**

# OFFICIAL



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

# It's *February*, which means it's *Heart Month*.



Our team at Cambrian Pharmacy is here to help, whether you have questions about heart medications, or are looking for a supplement. To honour heart month, we're focusing on some amazing products in store that support the cardiovascular system. If you've been thinking about exploring the world of heart health, come chat with our supplement or pharmacy team today!

***We love finding you the right product, so from our heart to yours, let's spread the love this month with heart health!***



Scan QR code to view our February deals.

9, 728 Northmount Drive NW | Calgary, AB | T2K 3K2  
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**DANNY  
WAI**



**SOLD! SOLD! SOLD!**

**Listed or Sold in Brentwood, Charleswood, and Collingwood**

- BRENTWOOD—BARRETT DRIVE** .....Sold for 103% of asking price in 3 days
- COLLINGWOOD—CLARENDON ROAD**.....Sold for 91% of asking price in 115 days
- CHARLESWOOD—CHALICE ROAD**.....Sold for 113% of asking price in 1 day
- CHARLESWOOD—23 STREET**.....Sold for 100% of asking price in 17 days
- BRENTWOOD—BRENTWOOD ROAD**.....Sold for 96% of asking price in 14 days
- CHARLESWOOD—23 STREET**.....Sold for 98% of asking price in 7 days
- BRENTWOOD—BRENTWOOD COMMON**.....Sold for 98.5% of asking price in 65 days

**ON THE MARKET**

**2716 CRAWFORD ROAD NW (CHARLESWOOD)**

An outstanding bungalow located near the top of Charleswood Heights. Fully-developed basement. Double detached garage. Close to all amenities.

Asking \$719,900 mls# A2080002

**407, 3830 BRENTWOOD RD NW (BRENTWOOD)**

Great investment opportunity. 2 bedroom unit with views of the Rocky Mountains, COP & Nose Hill Park.

Asking \$345,000 mls# A2098524

**PANORAMA HILLS - PANAMOUNT DRIVE**

Location! Location! Location! Across from a green park, 3 bedrooms, 1.5 bathrooms. 1,041 sq.ft, single attached garage.

Asking \$413,900 mls# A2081898

**BANFF TRAIL - 24 AVENUE**

A rare find with this massive lot size: 60 ft. x 145 ft. in Banff Trail with R-C2 Zoning. 2-storey home with over 2,880 sq.ft above grade. Total of 7 bedrooms, 3 full bathrooms.

Asking \$899,900 mls# A2086439

**BRENTWOOD - BEAVER ROAD**

Bi-Level, boasting a massive front driveway that can accommodate up to 6 vehicles, 5 bedrooms, 2 full bathrooms.

Asking \$669,500 mls# A2088557

**TUSCANY—TUSCANY BLVD**

2 bedroom, 2 bathroom with views of Rocky Mountains.

Asking \$629,900 mls# A2097494

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