# TRIW00Dtrumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER





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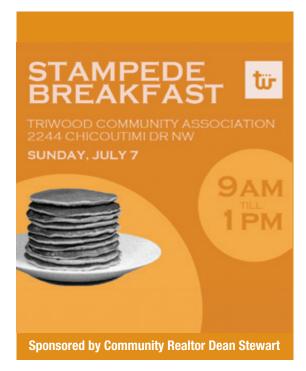














# No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected. & refreshed.













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# **TWC Directory**

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Vice President	David Fong
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Members at Large	Sandra Rhead, Jim Heck, Lynn Greig, Danielle Tse, Jordan Crone, Mara Pratt, Dean Stewart and Shannon Harrington
Executive Director	Chad Geiger
Accountant	Randy Dalgeish
Administrator	Olivia Fong
Operations and Events Manager	April Morlidge
Arena and Facilities Manager	Jim Pilling
Programs Coordinator	Vacant
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	Warren Copeland



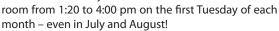
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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

### **Triwood Writers**

What stories have you lived?

You can become a part of Triwood Writers, already five strong! Join us in the community centre board



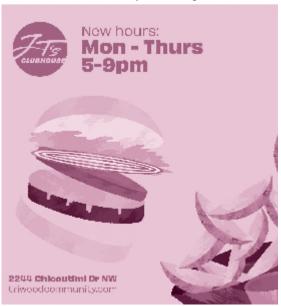
This group is designed for individuals who are interested in sharing their personal experiences and memories through the art of writing. Members provide friendly, helpful suggestions to make you become a better writer - take them or leave them! We all learn together. Whether you're a seasoned writer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

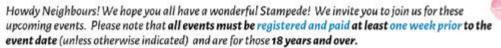
Interested? Contact Colleen Tobman at tobman@tobman.ca and try something new!





## Confederation Park 55+ Activity Centre

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



### **Upcoming Events**

TO REGISTER: call 403-289-4780 or visit yycseniors.com/events

- EVERY THURSDAY, 1:30PM 2:30PM: Join us for Tea & Conversation (T&C) featuring live entertainment, dancing, complimentary tea & coffee. RSVP is required: Debbie at 403-289-4780 Ext 206.
- Thursday, July 11 Stampede BBQ Lunch & Dance, 11:30 AM 2:30 PM: BBQ Beef on a Bun\* with entertainment by Randy Poirier. Advanced tickets only: \$10 Members, \$20 Non-Members.
- Wednesday, July 17 Afternoon Games in the Pub, 12 PM 3 PM: Join us for an afternoon of fun, board & card games, and pool in the cool air conditioning of JT's Clubhouse. \$10 includes 2 slices pizza.
- Wednesday, Aug 14 Afternoon Games in the Pub, 12 PM 3 PM: Join us for an afternoon of fun in JT's Clubhouse. \$10 includes 2 slices pizza.
- Wednesday, Aug 28 Summer Wrap-Up Lunch & Dance, 11:30 AM 2:30 PM: The Wild Rose Duo will be playing so be sure to wear your dancing shoes! \$15 Members, \$25 Non-Members.
- Friday, Sept 13 Seniors Olympics, 10 AM 3 PM: Free event. Friendly competitions in Beanbag Toss, Ring Toss, Line Dancing, Drawing, Euchre & Crib. MUST REGISTER due to limited seating: Registration CLOSES August 30th. Optional \$15 Lunch must be pre-ordered and paid when registering. Menu and details are on our website. yycseniors.com/seniorsolympics.
- Tuesday, Sept 17 Free Presentation: Planning Your Senior Journey, 10 AM 12 PM: Sponsored by Chartwell. Free: must register by calling 403-289-4780.
- Friday, Sept 20 Free Presentation: Cognitive Health (Dementia): 12 PM 1:30 PM: Sponsored by ComForCare. Free: must register by calling 403-289-4780.
- Friday, Sept 27 Welcome Back Lunch, 11:30 AM 2:30 PM: Wine Tasting & Charcuterie sponsored by Scenic Acres Retirement Living. \$15 Members, \$25 Non-Members.
- Monday, Sept 30 Free Presentation, 12 PM 1:30 PM: Topic TBD. Sponsored by InHome Physical & Massage. Free: must register by calling 403-289-4780.

**NOTE:** Tickets are non-refundable and non-transferable. Registration required; no tickets at the door. \*Menu subject to change without notice.

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

Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L oW1 info@yycseniors.com | 403-289-4780 | yycseniors.com | FB @CP55AC

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

Calgary 🕸

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Get water saving tips and stay informed at calgary.ca/drought



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(house calls and after-hours appts. still available)



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

# **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.



### **How to Grieve the Loss of a Pet**

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



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier



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We rehabilitate pipes without disturbing trees, landscaping, or interior flooring and finishings.

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# **BUSINESS CLASSIFIEDS**

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**TRIWOOD MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** \$50 for a hockey bag full of gear. 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. 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, 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.

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/ Drop-Off Service Available.

**E.G.K. GENERAL CONTRACTING/RENOVATIONS AND HANDYMAN SERVICES:** Drywall, taping, texturing, painting, tile work, t-bar ceilings, flooring, plumbing, water line breaks, flood and fire restoration, mold remediation, electrical and more. 40+ years of experience. Licensed, insured, carry W.C.B. B.B.B. accredited A+ rating. Check out my website at www.egkcontracting.com or call Frich at 403-606-2493.

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**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

continued on next page

# BUSINESS CLASSIFIEDS continued

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

**OUT ON A LIMB PROFESSIONAL PRUNING:** Tree and shrub pruning, shaping and restoration. Tree removal and stump grinding. New tree and shrub selection and installation. Fertilizing and insect pest management. Licensed & Insured. Journeyman Landscape Gardener and certified Arborist. Call Jim at 403-265-6965 or email outonalimbprofessionalpruning@live.ca.

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Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**CHARLESWOOD** 



COLLINGWOOD



### **Know the signs of STROKE**

F

Face is it drooping?

A

Arms can you raise both?

S

**Speech** is it slurred or jumbled?

Time to call 9-1-1

### Beat stroke Call 9-1-1 FAST

heartandstroke.ca/FAST

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# Top #8 Team in the year of 2023 SOLD! SOLD! SOLD!

CHARLESWOOD—CLARET STREET.....LISTED & SOLD for 105% of asking price

DALHOUSIE—DALHOUSIE DRIVE.....SOLD for 104%

asking price

price

HIGHWOOD—HENDON DRIVE.....SOLD

askina

### ON THE MARKET

### 705, 108-3 AVENUE SW (CHINATOWN)

An affordable studio condo apartment in Chinatown, offers downtown view from the south facing bright living area and the balcony. Short walk to public transit, restaurants, and walking trail along the Bow River.

Asking \$128,800 mls# A2129193

#### 5111 BULYEA ROAD NW (BRENTWOOD)

Outstanding open-beam, three bedrooms bungalow in Brentwood with over 1.225 sq.ft, oak hardwood flooring reminiscent of midcentury construction. The lower level has a legal, two bedroom secondary suite. Previously approved development drawings for a laneway suite located above a triple garage are available for future consideration

Asking \$849,900 mls# A2129277

### **VARSITY—VARSITY DRIVE**

Welcome to the desirable McLaurin Village in Varsity. The main level offers a large living room with fireplace, dining room, kitchen and a balcony. Upper level has two bedrooms, one to four pcs bathrooms. Master bedroom has an overlooking green area. Walking distance to University of Calgary and Brentwood LRT station. Close to schools, shopping and hospitals.

**BRENTWOOD—BROWN CRESCENT** 

Well maintained bungalow, featuring >2,000 sq.ft. of living space, three bedrooms and two full bathrooms. Heated double detached garage with RV parking on the side with a gate. A short walk from all levels of school, shopping and parks.

Asking \$669,900 mls# A2129814

### HAMPTONS—HAMPTONS LINKS

Two bedroom townhome in La Vita Pointe in Hamptons. This lovely unit offers 1.620 sq.ft, nine feet high ceiling on the main floor, living room with a gas fireplace and access to the greenspace out back off the patio. Double attached garage (tandem).

Asking \$529.900 mls# A2131621

### CHARLESWOOD—CONRAD DRIVE

Rare find Bungalow with over 1,200 sq.ft. Original owner. Facing to the Conrad Park & backing to the Nosehill Park, with views. Three bedrooms. Two bathrooms. Fully developed basement. Single attached garage. Close to all amenities.

Asking \$899,900 mls# A2125375

Asking \$349,900 mls# A2124999

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