

MAY 2024

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# TRIWOOD trumpet

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# Mom takes care of everything ... *but who takes care of MOM?*

## WHY DO MOMS NEED SELF-CARE?

If you want to be the best version of yourself, to your children and your partner, you also need to take care of yourself. Here are a few self-care ideas you can do as a mom: pick up a sport you enjoy, meet up with friends, meditate, go to a theatre, have a coffee in peace, or find a quiet place and read a book.

Whatever it might be that you enjoy and makes you feel like you can live your life outside of your family bubble – *DO IT!* No matter how small or big it is. *Taking care of yourself is the most powerful way to begin to take care of others.*



*Cambrian Pharmacy wishes all MOMS a very Happy Mother's Day! Scan QR code to view our May deals.*

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**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** 

**Solving the Puzzle  
of the Jigsaw**

Did you know that the first jigsaw puzzle is believed to have been made in 1760 by a man named John Spilsbury using a marquetry saw! He was a cartographer and engraver based in London who was interested in teaching people about maps, which led to the creation of this fun educational tool.

**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

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# Scouts About - 4th Elks Triwood



## May Updates

It's been a busy year for the 4th Elks Triwood Beavers and Cubs. This winter, Cubs and Beavers visited the Fire Department, built decorations with residents at Bethany, and undertook a snowshoe adventure in Confederation Park. Cubs had camp outs at AHEIA camp Alford to try snow shoeing, archery, ice fishing, and more, while the Beavers did a sleep over at the 18th Scout Hall in Bankview. The Beavers and Cubs are looking forward to some more hikes in the spring, canoeing, and going to horseback riding camp at the end of May.



Beavers building origami decorations with residents at Bethany.

Follow us on Facebook to see updates on all our activities!

## Fundraisers

Look out for Beavers and Cubs who will try to come to every door in Triwood on May 25 for our final bottle drive of the year. Thanks to everyone who has supported the group in the past through bottle drives and our popcorn, coffee, and chocolate fundraisers.

## Drop-off Bottle Drives

May 25 - Drop your bottles off at the TCA community centre. Scouts will be on hand to help unload and get rid of used bottles. We will also do our best to come door to as many Triwood homes as possible.

## Coffee and Chocolate Sales

We will be on-site at TCA Spring Market on April 28. Sales will continue through May.

This year we are selling Highwood Coffee roasted right here in Charleswood as well as Purdys milk chocolate and dark chocolate bars. Contact/text Kim at 403-803-2199 or WhatsApp to order in advance while supplies last.

## 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](mailto:4thElksTriwood@gmail.com).



Cubs having a go at scuba diving at the Dive Shop.



Cub Moritz on his first camp catching his first fish!



Now Located At:  
Triwood Community Centre

## Confederation Park 55+ Activity Centre

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

Triwood Trumpet May

May 6 th "Understanding Retirement " sponsored by Connect First Wealth. In Foothills from 11:15am-12:30pm

May 10 th Mothers Day Tea and Fashion Show "Hat Contest" Wild Rose Duo is the entertainment. Cost is \$20.00/members and \$30.00 for non-members.

May 21 st "Family Estate Planning" in the Pub from 10:00-12:00 sponsored Chartwell.

June 7 th Seniors Information Session (light lunch will be served while quantities last) Different vendors presenting information from 10:00-3:00 in the Collingwood and Charleswood. Tables for rent \$45.00

June 18th Presentation on "Dementia" 10-12 in the Pub sponsored by Origin

June 24 th Presentation on "Habitat for Humanity" 11:15-12:30 in the Foothills sponsored by Habitat for Humanity





**SHOP INDOORS - PAY BY CASH, DEBIT OR CREDIT**

# GARAGE SALE

8AM - 3PM SATURDAY, JUNE 15

TRIWOOD ARENA



**PROCEEDS TO SUPPORT OUR SENIORS' PROGRAMMING!**

**[yycseniors.com/garagesale](http://yycseniors.com/garagesale)**

DONATIONS

**ACCEPTED ONLY ON  
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DROP OFF: 9 AM - 3 PM  
TRIWOOD ARENA:  
2244 CHICOUTIMI DR NW**

**ALL DONATIONS MUST BE CLEAN, HAVE ALL PARTS INCLUDED & BE IN GOOD WORKING CONDITION**

**DONATIONS NOT ACCEPTED:**  
Large & heavy furniture or appliances, jars of any kind (except mason jars), narrow-wheeled golf carts, microwave ovens, cribs, baby seats, booster or car seats, luggage, NO STUFFED ANIMALS, pillows, skis, tires, electric typewriters, magazines, computer equipment, paints, chemicals, and NO CHRISTMAS DECORATIONS

#### 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

# Triwood Community Social Groups

## **Triwoodsmen; 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.

# 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!

## 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!

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

CHARLESWOOD



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## YOUR CITY OF CALGARY

### Park Cart Smart

by City of Calgary Waste and Recycling Services

When you set out your blue, green, and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:



#### Parking in a cul-de-sac:

- All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
- Place your carts on flat ground, one metre away from your vehicle if parked on the street.
- Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.

#### Parking in an alley:

- Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection.

Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).

## SUMMER SPECIAL



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## News from the Friends of Nose Hill

by Anne Burke

A breeding bird monitoring survey in Nose Hill Park recorded a total of 70 species. Of 44 species tested, 22 were nesting and 22 were only visitors. Another 26 were random observations (not part of the survey). Birds flying over and not using the habitat were excluded from analysis. To assess how populations have changed over time, when a previous study was compared, a few species occurred in one year but not in both. However, the overall decline was in nesting grassland birds. The recent test recorded all birds observed during the breeding season (early June to early July) for ten minutes between sunrise and 10:00 am. A total of 23 circular plots surveyed on eight occasions were recorded with GPS technology and mapped. The habitats described and photographed were mostly tall or low shrub and woodland. The result was the disappearance of four (and decline of three) nesting grassland bird species. Here are some of the causes: human disturbance, loss of native grassland by non-native plants, lack of grazing, climate change, bird species outside Calgary, and off-leash dogs on the escarpment (slopes), especially during the breeding season. For effective conservation and management strategies, City Parks must continue to monitor breeding birds. World Migratory Bird Day was created in 1993 and celebrates a migratory bird's spectacular migration; it is dedicated to raising awareness about the need to conserve migratory birds and their habitat. Aligning with the cyclic nature of bird migration in different hemispheres, it is officially celebrated on the second Saturday of May in Canada and the U.S, so on Saturday, 11 May in 2024. The official theme will focus on the topic of insects and their importance for migratory birds. For more information and resources, visit [www.birdday.ca](http://www.birdday.ca).

## Writing Group - Sharing Life Experiences

**Date:** First Thursday of the Month

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

**Location:** Boardroom, Triwood Community Association

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 make this group thrive!

OPEN FOR DROP-IN APRIL & MAY 2024

## Chess Group

Thursdays 11am-12pm

JT's Clubhouse

Free Triwood

Membership Required.

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# Ward 4 ENMAX Update

## Summary of ENMAX Power's Work in Ward 4, Q2 2024

As the wire service provider for Calgary, ENMAX Power is responsible for maintaining and operating the system of wires and infrastructure that provides electricity to our city's homes and businesses. ENMAX Power crews work 24/7 to ensure safe and reliable power.

Below is a summary of projects, either for maintaining the electrical system and/or originating from customer requests, scheduled to take place in your ward. **This list does not capture routine maintenance, inspections and/or emergency work.**

## Projects in Ward 4

Project timelines are subject to change. We are committed to informing residents and businesses about any changes.

Project Type	Neighbourhood	Anticipated Construction Dates	Description
16.63L VARSITY Northwest Transmission Line (16.63L & 15.62L)	Varsity & Dalhousie	Construction timelines are not yet available. The scope of the project is being developed.	ENMAX Power is seeking approval to keep the temporary overhead. The permanent AUC seeking alternative options.
Northwest Calgary Transmission Line Relocation Project (16.61L)	Varsity, Dalhousie, Charleswood, Cellingwood & Brentwood	Ongoing until late June 2024	Remediating land around overhead transmission electrical infrastructure.
Central Calgary Transmission Line Relocation Project (3.82L)	Firthurst, Sunnyside, Rosedale, Crescent Heights & Tuxedo Park	Construction timelines are not yet available. Open house set for April 9 - 11 & April 16 - 18, 2024	ENMAX Power is proposing to upgrade and relocate the underground electrical infrastructure currently beneath the Bow River.

## How constituents are notified

Depending on the project, ENMAX Power communicates through:

- Written notices
- Phone calls and emails
- On-site visits with technical lead(s) and Customer Relations
- Information packages to stakeholders, community associations, interest groups and City Council/wards
- Information posted on [enmax.com](http://enmax.com)

Q2 2024 ENMAX Power Corporation

**ENMAX**

## 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).



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



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**Triwood Tai Chi**

For Seniors

**Mondays**  
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Please Contact  
Bernice  
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# How to Create Personal Happiness

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

**1. Self-Awareness** – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

**2. Positive Mindset** – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

**3. Healthy Relationships** – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

**4. Work-Life Balance** – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

**5. Self-Care** – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

**6. Set Goals** – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

**7. Be Mindful and Present** – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

**8. Contribute** – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

**9. Learn and Grow** – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

**10. Acceptance** – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

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# Spring Tennis

TRIWOOD KIDS

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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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*continued on next page*

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## continued

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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.

**TERRAVIEW LAWN CARE & LAWN PAINTING:** Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at www.Facebook.com/TerraViewLawnCare.



**the Gutter Doctor**

403-714-0711  
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. 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!

### Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: [www.suicideinfo.ca/workshops](http://www.suicideinfo.ca/workshops)



## CALGARY MAT & LINEN SERVICES

403.279.5554  
calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

### Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



### Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

### Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



### Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



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**I HAVE NOT  
RETIRED  
AND I'M NOT  
ON HOLIDAYS**



**Dr. Neville Headley**



Official clinic  
for Veterans  
& Canadian  
Forces

**I HAVE  
RELOCATED!**

## **OUR SERVICES**

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- General Dentistry
- Implants
- Emergency
- Cosmetic Care
- Wisdom Teeth
- Sedation



## **CONTACT US**

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**“Professionals  
DO get results!”**

**DANNY  
WAI**



**SOLD! SOLD! SOLD!**

**SOLD! SOLD! SOLD!**

**BRENTWOOD—BROWN CRESCENT.....LISTED & SOLD for 101% of asking price**

**DALHOUSIE—DALTON DRIVE.....SOLD for 99.4% of asking price**

**BRENTWOOD—BEARSPAW DRIVE.....SOLD for 100% of asking price**

**ON THE MARKET**

**607, 3500 VARSITY DRIVE NW (VARSITY)**

Great investment opportunity. Two bedrooms, facing a green area. A short walk from the Brentwood bus and train station and the University of Calgary. One assigned parking stall.

Asking \$349,900

**344, 5201 DALHOUSIE DRIVE NW (DALHOUSIE)**

Rare find! An amazing apartment unit with two bedrooms, two full bathrooms, one titled underground heated parking stall, & a storage unit in this adult condominium complex--The Phoenician in Dalhousie. Very convenient location--short walk to shops, Safeway, banks, restaurants, Dalhousie LRT station, & bus stops.

Asking \$429,900

**BRENTWOOD—BRENTWOOD ROAD**

Great investment opportunity. Two bedroom unit with views of the Rocky Mountains, C.O.P & Nose Hill Park. A short walk from the Brentwood bus and train station and the University of Calgary.

Asking \$345,000 mls# A2098524

**SILVER SPRINGS—SILVERGROVE CLOSE**

Beautiful townhouse with three bedrooms, 3.5 bathrooms, and a fully developed basement. Just a short walk from the Crowfoot Crossing district, this location is minutes away from the LRT, public transit bus routes, multiple schools, gyms, and shopping.

Asking \$559,900 mls# A2111487

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No Cost & No Obligation  
Call **Danny Wai**  
at **403-247-5171**  
and Start Packing!**

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