

OCTOBER 2024

DELIVERED MONTHLY TO 3,825 HOUSEHOLDS



TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



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GET A QUOTE NOW



TURKEY TAKEOUT

Order Turkey Dinner from
TriWood Community Association online:
triwoodcommunity.com

ORDER DEADLINE

Monday,
October 7th
at 12pm

PICK UP DATE

Sunday,
October 13th
12pm, 3pm or 5pm

PRICING

\$40/Adult
\$25/Child or Senior





FALL MARKET

SUNDAY, OCTOBER 6, 2024

TRIWOOD COMMUNITY ASSOCIATION | 10AM-4PM

Welcome Club

New to the area?
Want to meet your neighbours?
You're invited to join the Welcome Club!

Tuesdays | Monthly
6pm-8pm at JT's

Oct 15
Nov 12, Dec 10



SOCIAL PROGRAMS

Free with a
Triwood Membership
Sign up online: triwoodcommunity.com



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TWC Directory

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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
Executive Director	Chad Geiger
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



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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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.

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.



Confederation Park 55+ Activity Centre

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

yycseniors.com

We hope you all have a Happy Thanksgiving and a very spooky Halloween!
Please note that **all events must be registered and paid at least one week prior to the event date and are for those 18 years and over.**



Upcoming Events

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

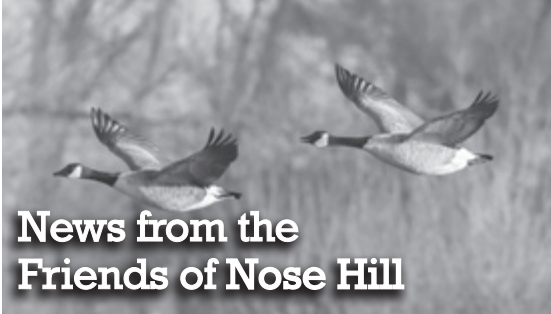
- **Friday, Oct 4 - Free Presentation: Heart Health for Older Adults, 12 PM - 1:30 PM** - Sponsored by ComForCare. Complimentary tea, coffee & snacks. Free: registration required.
- **Tuesday, Oct 8 - Free Presentation: Cognitive Health (Dementia), 10 AM - 12 PM** - Presented by Origin at Home. Complimentary tea, coffee & snacks. Free: registration required.
- **Tuesday, Oct 15 - Conversation Café, 10 AM - 12 PM** - Join us for this free, volunteer-driven, safe and supportive group for care partners and those with dementia. Connect with others on a similar journey.
- **Friday, Oct 18 - Free Presentation: Sleep and Older Adults, 12 PM - 1:30 PM** - Sponsored by ComForCare. Complimentary tea, coffee & snacks. Free: registration required.
- **Monday, Oct 21 - Acrylic Painting: Expressive Art with Shenae Hengst, 10:45 AM - 12:45 PM.** \$20 donation to our Pantry Program. All supplies included. Please come to our office or call 403-289-4780 to register as we will provide a tax receipt.
- **Monday, Oct 21 - Free Presentation: Topic TBA, 11:15 AM - 12:30 PM.** Presented by Always Best Care Senior Services. Complimentary tea, coffee & snacks. Free: registration required. Check our website for information on this presentation (yycseniors.com).
- **Tuesday, Oct 22 - Free Presentation: Scams and Fraud, 10 AM - 12 PM.** Presented by BBB, Sponsored by Scenic Acres Retirement Living. Complimentary tea, coffee & snacks. Free: registration required.
- **Monday, Oct 28 - Acrylic Painting: Expressive Art with Shenae Hengst, 10:45 AM - 12:45 PM.** \$20 donation to our Pantry Program. Please come to our office or call to register as we will provide a tax receipt.
- **Monday, Oct 28 - Free Presentation: Retirement Pitfalls, 11:15 AM - 12:30 PM.** Presented by Connect First Wealth. Complimentary tea, coffee & snacks. Free: registration required.
- **Tuesday, Oct 29 - Acrylic Painting Workshop with Carol Marasco: Impressionist Flower Vase, 10 AM - 12 PM.** Step-by-step instruction suitable for beginner and intermediate artists. All supplies included. \$40 Members, \$75 Non-Members.
- **Tuesday, Oct 29 - Makeup Application for Mature Skin, 10 AM - 12 PM, \$20.** Update your look with the guidance of a professional makeup artist. This sell-out event is back by popular demand.

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](https://www.facebook.com/yycseniors)

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



News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.

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CHARLESWOOD



COLLINGWOOD



Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.



JT's IS OPEN!

Food & Drinks
Family Friendly
Dine-in or Take-out

Mon. - Thurs.
5pm - 9pm

Lower level of Triwood





HALLOWEEN AT JT'S CLUBHOUSE

WEDNESDAY, OCTOBER 30TH 2024 | 18+
LOCATION: JT'S CLUBHOUSE (2244 CHICOUTIMI DR NW)

STAY TUNED FOR DETAILS!!



Fall 2024 Programs

Mondays

Flow Yoga | 5-6pm



Tuesdays

Bootcamp | 9:15-10:15am
Zumba | 7:15 - 8:15pm

Wednesdays

Pilates Fusion | 5-6pm
Hatha Yoga | 6:15-7:15pm
Postural Yoga | 7:30-8:30pm



Thursdays

Bootcamp | 9:15-10:15am
Zumba | 7:15-8:15pm



Sign up online: triwoodcommunity.com



Fall Skate Times



Mondays | 3-4:45pm
Sticks/Pucks'n'Rings

Wednesdays | 3-4pm
Public Skate
No Sticks or Pucks

BUSINESS CLASSIFIEDS

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

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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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Fire Prevention Week: Are Your Smoke Alarms Ready to Save Lives?

by the City of Calgary

Fire Prevention Week is here and this year, the Calgary Fire Department (CFD) is focusing on one of the most vital tools in home fire safety: working smoke alarms. The CFD is urging everyone to make sure their smoke alarms are up to the task of protecting their homes and loved ones.

Smoke alarms are more than just devices; they're lifesavers. Statistics show that the risk of dying in a home fire is reduced by over 50 percent when working smoke alarms are present. Despite this, many tragic home fire deaths occur in residences without smoke alarms or with alarms that aren't functioning. That's why this year's Fire Prevention Week theme is 'Smoke Alarms: Make Them Work for You!'

Here's what you can do right now to ensure your smoke alarms are ready:

- Install smoke alarms in every bedroom, outside each sleeping area, and on every level of your home, including the basement.
- Make sure your smoke alarms meet the needs of everyone in your household, including those with sensory or physical disabilities.
- Test your smoke alarms at least once a month by pressing the test button.
- If your smoke alarms are ten years old or don't respond when tested, it's time to replace them.

This Fire Prevention Week, take a few minutes to check your smoke alarms. A small effort today can save lives tomorrow.



PARENT + TOT SOCIAL GROUP

WEDNESDAYS

9:45AM - 11:15AM

SEPT 11 - DEC 18 2024



FREE FOR MEMBERS

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MEMBERSHIP REQUIRED!**

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**KIDS
HALLOWEEN**

TRUNK OR TREAT

SUNDAY, OCTOBER 27TH | 2PM - 5PM

**PUMPKIN CARVING & COSTUME CONTEST
HOT CHOCOLATE & SNACKS**

REGISTER YOUR VEHICLE ONLINE (FREE)

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DO get results!”**

**DANNY
WAI**



Top #8 Team in the year of 2023

SOLD! SOLD! SOLD!

CHARLESWOOD—CHARLESWOOD DRIVE.....SOLD for 110% of asking price
VARSITY—VARSITY DRIVE.....SOLD for 100% of asking price

ON THE MARKET



401-7 STREET SW MEDICINE HAT

An excellent opportunity to own the corner commercial building in a high traffic location in SW Hill-Medicine Hat. This vacant side used to be a medical foot clinic, it has 4 exam rooms, an office, reception area, kitchen, bathroom, and laboratory. It can be used for any type of business! Whether it is a dentist's office, a law firm, a medical office, for real estate, or for something else; this is the spot! The rubber membrane of the roof and the rooftop furnace/air conditioning unit were updated a few years ago.

Asking \$619,900 mls# A2141032

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, 4.5 bathrooms, 3 bedrooms with ensuite, 9 ft. ceiling in basement. Two detached garages. Short walk to all levels of school, Brentwood LRT station, U of C and shopping.

Asking \$2,199,000 mls# A2153745



BRENTWOOD—BRISEBOIS DRIVE

This bungalow provides the perfect investment opportunity or could be your very first home (and it's all about LOCATION). With an illegal basement suite, it provides flexibility to live upstairs and rent down. About 870 sq.ft. above grade, this home provides 2 well-appointed bedrooms and 1 full bathroom upstairs, gleaming hardwood floor in living room, hallway & both bedrooms, new tile flooring in kitchen, solid oak cabinet doors, granite countertop & a walk in pantry. Totally renovated illegal suite in the basement provides a cozy family room, large quartz countertop with breakfast bar, extra bedroom, 1-3 pc bathroom & a large storage area. Upgrades in the last 5 years include the siding, shingles, both exterior doors & windows. Concrete stone pavers in the side yard require lower maintenance and the double detached garage will protect your vehicles through all seasons.

Asking \$599,900 mls# A2160029

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