

AUGUST 2025

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS



TRIWOODtrumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



Time to Renew Your Mortgage?

Don't Settle – Discover Better Rates and Options! Get Ready to Save Big!



403-771-8771

anita@anitamortgage.ca



Confederation Park 55+ Activity Centre

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



Upcoming Events & Presentations

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

NEW!! A fee of \$10.00 will be charged to all non-members for Presentations except those where a fee is already required.

AUGUST

Aug 19 - (10:00-12:00) Conversation Cafe - Topics around Dementia

Aug 20: Games Day & Ice Cream Social - 12:00-2:30. Lunch and ice cream is included \$14.00

SEPTEMBER

Sept 10 - (12:00-2:00) Free Presentation: Understanding Your Enmax Bill

Sept 12: Seniors Olympics - Doors open 10:00, Lunch served at 12:00- 12:30, (Lunch must be paid for at the time of registrations and will be \$15.00/person) **Prizes will be awarded at 2:30**

Sept 12 - (12:00-1:30) Free Presentation: Pain Management

September 19: Games Day - 12:00-2:30. Lunch is \$12.00

Sept 15 - (11:15-12:30) Free Presentation: Downsizing

Sept 17 - (12:00-2:00) Free Presentation: Introduction to Creative Arts or Seniors: Why it Matters

Sept 18 - (6:30-8:30) Womens Self Defense \$25.00/person

Sept 19: Games Day - 12:00-2:30. Lunch is \$12.00

Sept 22 - (11:15-12:30) Free Presentation: Understanding Home Care: What it is and How it Works

Sept 23 - (10:00-12:00) Conversation Cafe - Topics around Dementia

Sept 24 - (12:00-2:00) Free Presentation: Fall Prevention

Sept 29 - (11:15-12:30) Free Presentation: Addressing Stigma: Reframing Home Care as Empowerment

OCTOBER

Oct 1 - (12:00-2:00) Free Presentation: Dementia

Oct 8 - (12:00-2:00) Free Presentation: Mental Health

Oct 14 - (10:00-11:30) Free Presentation: Estate and Tax Planning

Oct 15 - (12:00-2:00) Free Presentation: Medication Management

Oct 17 - (12:00-2:30) Free Presentation: Games Day

Oct 20 - (11:15-12:30) Free Presentation: Benefits of Homecare for Independence and Quality of Life

Oct 21 - (10:00-12:00) Conversation Café Dementia

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!**

Reconnect! Discover! Square Dance Program

Intro to Today's
Square Dancing

Winston Heights Hall

520 – 27th Ave NE

Tuesday, August 5,
12, 19 & 26

6:30 PM to 7:30 PM

FREE



Precision. Integrity. Results.

Prana Developments delivers meticulous craftsmanship and honest service. No surprises, no shortcuts—just quality work done right the first time.

Find out more about us at
pranadevelopments.ca • 403-561-0643



PRANA DEVELOPMENTS

Breathe new life into your space



TerraBurst

TRENCHLESS SEWER & WATER

NO-DIG SEWER & WATER LINE UPGRADES

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

SOLUTIONS FOR

- Root Intrusions
- Water Line Breaks
- Pipe Corrosion
- Sewer Belly or Low Spot
- Pipe Offsets
- Aging Pipes

**Upgrade Your Infrastructure, Increase Your
Property Value & Preserve Your Asset**

75% OFF Sewer Camera Inspection

Present this coupon
for 75% off a sewer line
camera inspection.
This offer includes a sewer
camera inspection, video
recording, and assessment
from an expert technician.

Valid until 2026/03/31

403-450-0087 | TerraBurst.ca | info@terraburst.ca



TRIWOOD

Pizza Party



At JT's Clubhouse & Pub!

Come enjoy a fun-filled evening with delicious pizza, great company, and good vibes!

Thursday

August 21



At JT's Patio
Doors & Music
at 5pm

Freshly baked, cheesy goodness awaits—bring your appetite and a friend!

Live music by

Earl Morgan Band!!





Triwood Community Association

PET FESTIVAL

SUNDAY SEPTEMBER 7, 2025
10AM – 3PM

Live music! Animal appearances!
Pet-focused, local vendors!
Triwood Pet Royalty Pageant

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

CHARLESWOOD



COLLINGWOOD





Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!




ANITA **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial



OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca

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
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
Fund Development Manager	Lori Wilson

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 Triwood Community Centre in the Foothills Room (downstairs) from 1:20 to 4:00 pm on the first Thursday of each month, year-round.

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.

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.

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.



Located near Brentwood Village Mall

French Immersion Preschool

Morning & Afternoon Classes for Children Ages 3-5
No previous French experience required

REGISTER TODAY!

(403) 815-4063

www.la-coccinelle.ca

registrar@la-coccinelle.ca

@lacoccinelleyc

@lacoccinellepreschool



SWANBY LAW NANCY A. SWANBY

• Barrister • Solicitor • Mediator

Wills & Estates Planning and Estate Administration
Collaborative Family Law
Residential Real Estate

Wills, Enduring Powers of Attorney, Personal
Directives, and Probate

Suite 226, Market Mall Professional Centre
4935 – 40th Avenue NW Calgary, AB T3A 2N1
Direct Line: (403) 520-5455
Facsimile: (403) 984-4842
e-mail: nancy@swanby.com
(house calls and after-hours appts. still available)



News from the Friends of Nose Hill

by Anne Burke

Long ago, what we know as Alberta was underwater, covered by the ocean and surrounded by tropical forests. As many as 20 major glacial advances and retreats reshaped the landscape, including the continuous plateau of Nose Hill and Lake Calgary. Nose Hill provides spectacular views of the Bow River Valley and the uplands across the valley. Their geological history began in the floodplain of the Bow River which flowed at the top level of the present Hill where the river deposited gravel, sand, and mud. These are relatively thin on the steeper slopes. Nose Hill is bounded by the overflow spillway system, now Beddington and Nose Creek. Big Hill Springs Coulee is what remains.

Erratics are stones, boulders, or big blocks picked up and moved from one place to another during the last ice age. There are many in Nose Hill Park traced to a landslide from Mount Edith Cavell in Jasper National Park; they are part of a series across the Foothills region of Alberta. The Foothills Erratics Train runs from near Hinton, Alberta, to the Montana border. Some large boulders, such as the Nose Hill Buffalo Rubbing Stone, were used centuries ago. You can hike up to the Nose Hill 64 Avenue Glacial Erratic from the parking lot off 14 Street NW. At the top of Nose Hill Park there are several scattered glacial erratics of different sizes grouped close together. The Nose Hill Brisebois Glacial Erratic is between the south Nose Hill Parking Lot at Brisebois Drive and John Laurie Blvd. The Nose Hill Tower Glacial Erratic is on the top of the hill near transmission poles and a small building. Access is by an uphill hike from the North Hill SE Parking Lot along an old access road.



TRIWOOD FALL MARKET 2025

SAVE THE DATE

SUNDAY, SEPTEMBER 28TH 2025

TRIWOOD COMMUNITY ASSOCIATION | 10AM-4PM



**CONCRETE
COTERIE**

403-816-0965
cityandvillageco@gmail.com

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

the Gutter Doctor®
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca



Community Cleanup

Sunday, August 24 2025 | 9am-1pm

Triwood CA Parking Lot | Free service

What's a Community Clean Up? A chance to declutter your home! Get rid of your hard-to-dispose-of items at once.

Who's coming to community clean up?

- General Waste/Compost
- Metal Recycling
- Electronic Recycling
- Cerebral Palsy Alberta Donations
- Buy Nothing Item Swapping
- Bottle Drive by local Scouts



Seeking volunteers! Email marketing@triwoodcommunity.com if you're able to pitch in.

Items not accepted

- Liquids of any kind (Gas, Paint or Chemical)
- Mattresses
- Household batteries
- Large appliances (stoves, dishwashers, washers, dryers)
- Compressed cylinders (propane tanks or fire extinguishers)
- Hazardous waste
- Anything with Freon (AC units, water coolers or fridges)
- Fluorescent light fixtures or bulbs
- Thermostats
- Smoke detectors
- Glass of any kind
- Media - VHS tapes, DVD's or CD's
- Rechargeable Batteries loose
- Ink and Toner loose



Good Food Box

Summer 2025

Order a box of fresh, subsidized produce monthly
and pick-up your Good Food Box
at Triwood Community Association.

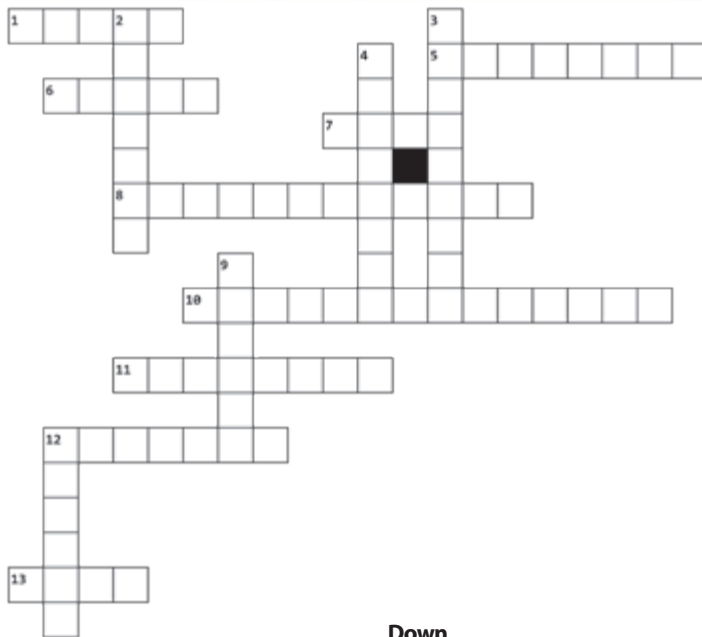
Small \$30, Medium \$35, or Large \$40 box

ORDER BEFORE
August 18th

PICK UP ON
August 27th

**More info: triwoodcommunity.com/good-food-box
or phone 403-282-2677 ext. 103**

August Crossword



Across

1. This classic Disney film about a young deer premiered in August 1942.
5. Canadian astronaut, Chris _____, was born in Sarnia, Ontario on August 29, 1959.
6. Canadian American actor Patrick J. Adams was born on August 27, 1981, in Toronto and is best known for his role as Mike Ross in this legal drama series.
7. *The Wizard of Oz* premiered on August 15, 1939, and was based upon the book written by Lyman Frank _____.
8. English navigator John Rut sent the first known letter from North America in August 1527 while anchored at St. John's, _____.
10. In August 1837, pharmacists John Lea and William Perrins started production of this condiment containing soy sauce and vinegar.
11. People born in August are lucky to have three birthstones to choose from: peridot, spinel, and _____.
12. The _____ Chapel in Vatican City was consecrated by Pope Sixtus IV on August 9, 1483.
13. International _____ Handers Day is observed annually on August 13.

Down

2. In August 2008, the _____ Summer Olympics became one of the most watched television events in history with approximately 4.7 billion viewers.
3. On August 4, 1693, it is believed that Dom Pérignon invented this sparkling wine.
4. Delia Owen's murder mystery novel, *Where the _____ Sing*, was published in August 2018.
9. Usain Bolt won the 200m at this Olympic Games on August 9, 2012, becoming the first man to win both the 100m and 200m at two consecutive Olympics.
12. Inventor Isaac _____ was granted a patent for his eponymous sewing machine on August 12, 1851, revolutionizing garment production.



Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

E.G.K. CONTRACTING, RENOVATIONS, DEVELOPMENTS, HANDYMAN SERVICES (ONE CALL DOES IT ALL)! 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 Erich at 403-606-2493.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. 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.

EXPERT RENOVATIONS & PROPERTY MAINTENANCE SOLUTIONS: Interior/exterior; simple fixes to more complicated projects. Plumbing & electrical fixes; full reno for bathrooms, kitchen upgrades & more. Specializing in older homes, pre-sale updates, stone & tile work installations & maintenance. Local, licensed, insured. We offer free consultations. Property Managers welcome. Call 403-992-5574.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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 outonallimbprofessionalpruning@live.ca.



Welcome Home To Cambridge Manor



Enjoy a carefree life in NW Calgary's beautiful new seniors community.

- ✓ Bright, modern air conditioned building in the sought-after University District neighbourhood, close to popular shops and services.
- ✓ Enjoy regular fitness and recreation with new friends.
- ✓ Chef-prepared meals and housekeeping provided.
- ✓ Age-in-Place with person-centred care and services to meet your individualized needs.



**QUICK POSSESSION NOW
ON ASSISTED LIVING.**

**LIMITED TIME OFFER!
CALL TODAY FOR DETAILS.**

**Cambridge Manor
253 Smith Street NW**

403.536.8675

BSFLifestyles.ca/CambridgeManor

Applies to new residents taking possession of an Assisted Living Suite by August 31, 2025.
Subject to successful assessment by our care team confirming eligibility.
Offer valid while supplies last. Credit to be applied after 3 months' occupancy.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME





**“Professionals
DO get results!”**

**DANNY
WAI**



Top #2 Team in the Year of 2024

SOLD! SOLD! SOLD!

BEDDINGTON HEIGHTS—BERMUDA DRIVE.....SOLD for 98% of asking price

ON THE MARKET



**8408 ADDISON DRIVE SE
(ACADIA)**

This gorgeous bi-level home features 4 total bedrooms, 2 full bathrooms, a south-facing backyard, renovated illegal basement suite (2024), central A/C, water softener, newer windows on the main floor, and a double detached garage! Behind the home is a stretch of green space off the paved back alley,

perfect for dog runs, summer walks, and a community connector with privacy!

Asking \$674,900 mls# A2233365



**42 COLLINGWOOD PLACE NW
(COLLINGWOOD)**

An outstanding brand new luxury home in the heart of Collingwood! >3,000 sq.ft. of opulent living space - stacked with plenty of features the builder has planned and executed meticulously throughout the process. At the center is a chef's kitchen with an oversized

island, quartz counters and backsplash, LED-under-lighting, full-height cabinetry and a pot-filler above the 36" gas range. A coffee bar with cabinetry and a beverage fridge adds convenience. This home has a legal 2 bedroom basement suite and a double attached garage. Separate furnace systems, with AC installed for the main dwelling unit. Close to the Calgary Winter Club.

Asking \$1,322,000 mls# A2234181



**179 SCENIC HILL CLOSE
(SCENIC ACRES)**

Prime corner lot in Scenic Acres, perfect family home. Beautifully maintained and extensively upgraded 1,923 sq.ft., 3 bedroom / 3.5 bathroom two-storey split home. The main level features vaulted ceilings and bayed windows in the spacious living and dining rooms, flooding the space with natural light. The vaulted ceiling in the kitchen offers vertical space and airflow, and there is a large walk-in pantry. The fully finished basement offers a spacious rec room, private office/den, and an additional 3-piece bathroom—ideal for guests or a home workspace.

Asking \$749,900 mls# A2231744



**206, 3420-50 STREET NW
(VARSITY)**

Quiet 2 bedroom condo, balcony faces courtyard, a well-maintained building in the heart of Varsity! This gorgeous end unit features 853 sq.ft. of living space across two well-appointed bedrooms and one full bathroom, with luxury vinyl plank flooring throughout and updated light fixtures.

Located right across from Market Mall, this complex is convenient with public transit nearby, close to key transportation corridors (Shaganappi Trail, Crowchild Trail), a short walk to the University District, and proximity to U of C, Alberta Children's Hospital, and Foothills Medical Centre.

Asking \$272,900 mls# A2234026

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

Not intended to solicit currently listed properties.

**Visit my website,
www.dannywai.com,
for all my listings with
photos, anytime!**

**Re/Max Real Estate
Mountain View
201 - 4600 Crowchild Trail NW
Calgary AB T3A 2L6
Email: dannywai678@gmail.com
www.dannywai.com**