

DECEMBER 2025

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS



TRIWOODtrumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



UNWRAP YOUR HOME'S TRUE WORTH.



SCAN TO
FIND OUT YOUR
HOME VALUE



JOEL GWILLIM
REALTOR®

403 999 8610
20 YEARS OF EXPERIENCE

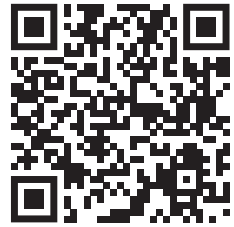


GREAT NEWS MEDIA

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



403.247.8618 • JOYRIDEAUTOMOTIVE.COM  

4645 Varsity Dr. NW
Calgary, AB, T3A 0G1

**MAINTENANCE • DIAGNOSTICS
GENERAL REPAIRS • INSPECTIONS**

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)

**City &
Village**

**CONCRETE
MAESTRO**

403-816-0965
cityandvillageco@gmail.com

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

OFFICIAL

PLUMBING & HEATING

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee

403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



You're Invited to
CHRISTMAS Eve 

24 December | at Summit View United Church
3303 Capitol Hill Cres NW

2:00-4:00PM Outdoor walk-through live nativity & hands on activities	7:00PM Celebrate the stories of Christmas with carols & candlelight	9:00PM Contemplative worship service with Communion
--	---	---

summitviewunited.ca



**SUMMIT VIEW
United Church**
1000 SUMMIT VIEW DRIVE NW
CALGARY, AB T2K 1K1

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	Vacant
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.

Knowing your risks could save your life.

Our free Risk Screen tool helps you understand your risks for heart disease and stroke.



heartandstroke.ca/riskscreen

© Heart and Stroke Foundation of Canada, 2025. The heart and / icon and the Heart&Stroke word mark are trademarks of Heart and Stroke Foundation of Canada.







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.

DECEMBER

Dec 5 - (11:30-2:00) Christmas Lunch \$35.00M \$45.00NM

Food is being sponsored by Wellings of Calgary

JANUARY

Jan 13 - (10:00-12:00) Conversation Café Dementia

Jan 16 - (12:00-2:30) Games Day

Jan 30 - (10:00-2:00) Corn Hole Tournament for Prizes Money & Lunch \$35.00

FEBRUARY

Feb 13 - (12:00-2:30) Games Day

Feb 17 - (10:00-12:00) Conversation Café Dementia

Feb 25 - (12:00-2:00) Lunch n' Learn \$15.00

MARCH

Mar 6 - (10:00-2:00) Corn Hole Tournament for Prizes Money & Lunch \$35.00

Mar 13 - (12:00-2:30) Games Day

Mar 17 - (10:00-12:00) Conversation Café Dementia

Mar 27 - (11:30-1:30) AGM (includes lunch)

APRIL

Apr 10 - (12:00-2:30) Games Day

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

Apr 24 - (11:30-2:30) Volunteer Appreciation

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

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

4-H IN THE CITY



CANADA
4-H Alberta

Intro Clubs

Get a **"Taste of 4-H"** with six weeks of fun activities for youth aged 9-15!

Wednesdays – Jan. 21st – Feb. 28th

@ Triwood Community Association

Join Now!

Contact Us:
introclubs@4hab.com



JOKE OF THE MONTH

Why did the football coach go to the bank?

To get his quarter back.





*A Triwood
Christmas*

COMMUNITY CHRISTMAS DINNER

SUNDAY, DECEMBER 14TH
5:30PM-9PM

TICKET REGISTRATION
OPENED NOVEMBER 18TH

TRIWOODCOMMUNITY.COM

Sing, Dance & Act

Triple Fun Class

Thursdays, 3pm-4pm | Jan 8 - Feb 12

Ages 3-5 | \$110 for 6 sessions

Unparented | Foothills Room (downstairs)

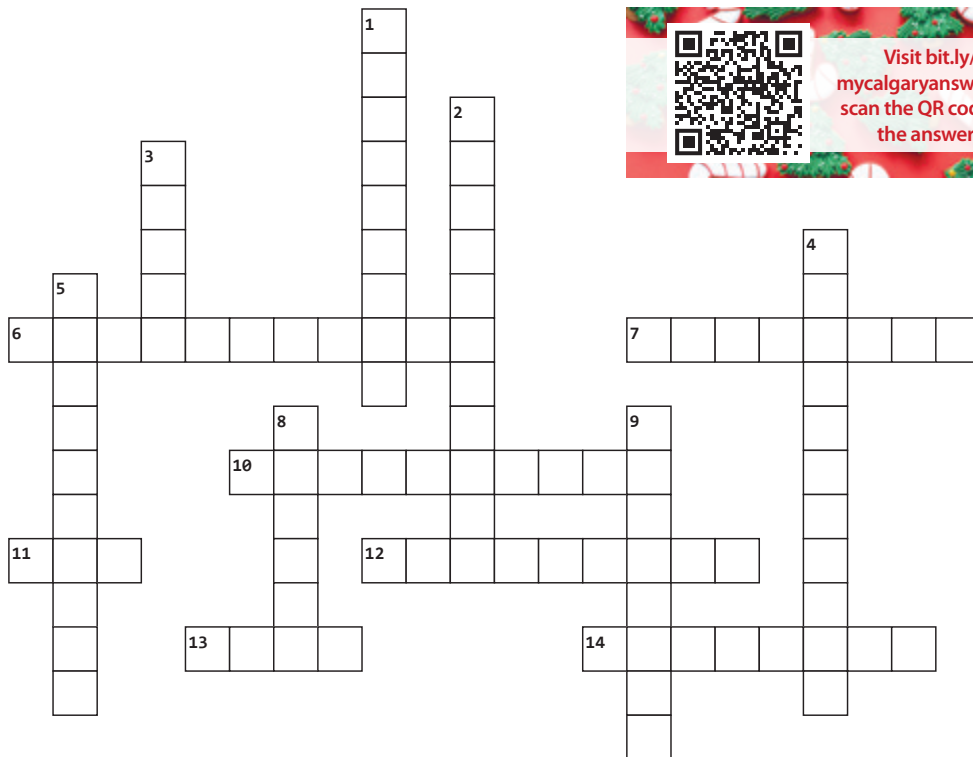
Costumes provided! Siblings welcome!
Instructed by Puddle of Mud Productions



ALLODOXAPHOBIA

Living in a society, we all feel a bit insecure or anxious about fitting in sometimes. But did you know there is actually a phobia called Allodoxaphobia that is the fear of other people's opinions? It is an anxiety disorder that can cause people to avoid engaging in discussions or debates for fear of being judged or criticized. Be kind out there! We're all just trying our best.

December Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. The Statute of _____ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn _____ celebrates his birthday on December 23.
10. The _____ is also known as the Christmas flower.
11. "Gangnam Style" by _____ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star _____: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, _____ House Day is celebrated.
3. The first human-to-human _____ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. _____'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, _____, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the _____ Hall of Fame.

Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

Cats, Canines, & Critters of Calgary



Addie, Renfrew



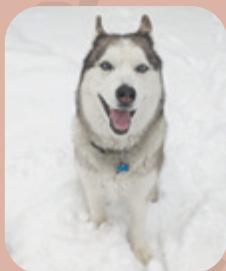
Billy, Woodbine



Charlie, Diamond Cove



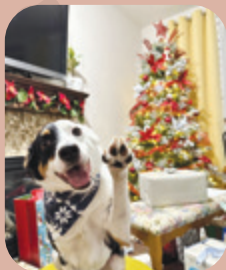
Eowyn, Edgemont



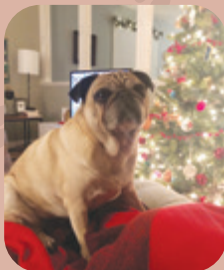
Meeko, Cranston



Pepper, Evergreen



Sammie, Walden



Talbot, Queensland

To have your pet featured, email news@mycalgary.com

BRAIN GAMES

SUDOKU

	3	2		7				
7						1	3	
	5			3				7
		9	6					3
	7		8	9	5		6	
2					3	5		
4				1			9	
		7						
				8		3	1	

SCAN THE QR CODE
FOR THE SOLUTION



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy
comfort, independence,
and peace of mind.



**ANITA
RUSSELL**

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



News from the Friends of Nose Hill

by Anne Burke

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.



MLA Calgary - Klein
Lizette Tejada
#232-A - 3630 Brentwood Rd NW
📞 403-216-5430
✉ Calgary.Klein@assembly.ab.ca
✂ @lizettendp | 📷 lizettendp

Happy December, Calgary-Klein!

I'm so looking forward to catching up with you all in the community this holiday season. From festive markets to visits with Santa, there's sure to be holiday cheer everywhere.

December also marks the end of session. It has been a busy one! The first Bill debated was Bill 2, which legislated teachers back to work. My conversations with teachers, parents, and students have really illustrated the strain on our public schools and lack of supports. Classroom sizes, complexity, and the lowest per-student funding in the country are major pain points for everyone I've spoken with.

After months of stalled negotiations, the government imposed a settlement and invoked the notwithstanding clause—an unprecedented step.

I will continue to advocate for building more schools, hiring more teachers and EAs, and ensuring classrooms have the resources students need to succeed. Investing in public education is how we build a strong future for our province.

As we head into the holidays, let's continue to support one another and keep in mind the challenges many families are facing. With session wrapping up, I'll be hosting town halls in January and February to share updates and hear your priorities.

Please email us at Calgary.klein@assembly.ab.ca or call 403-216-5430. You can also follow me on social media @lizettendp for updates.

Wishing you and your loved ones a joyful holiday season and a happy New Year!

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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

BLACK & WHITE MECHANICAL LTD: Your local plumbing & gasfitting experts based in Charleswood. Specializing in tankless water heaters, hot water tanks, garage heaters, water softeners, renovations, and general repairs & installs. Licensed & insured. Call 403-389-6436, email brennan@bwmech.ca, or visit www.bwmech.ca.

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.

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.

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.

SIT AND BE FIT: Join Louise Tuesday and Thursday afternoons for fitness classes designed specifically for older adults as well as any adults with chronic conditions. Work on your strength and balance safely at Summit View (formerly St. David's) United Church, 3303 Capitol Hill Crescent NW. Contact Louise for information: fitnesswithlouise@outlook.com, | 403-701-5494.

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

CHARLESWOOD



COLLINGWOOD





**“Professionals
DO get results!”**

**DANNY
WAI**



Top #2 Outstanding Team in the Year of 2024

ON THE MARKET

1310, 3500 VARSITY DRIVE NW (VARSITY)

Welcome to McLaurin Village in the heart of Varsity, this outstanding two-storey townhouse offers over 1,090 sq. ft. of comfortable and quiet living space, two balconies — both facing the green space for peaceful views year-round. Renovated 4-piece bathroom with full tile surround to the ceiling and detailed carpentry finishes. All windows, front entrance door, and patio door were replaced in 2017 for enhanced energy efficiency and modern aesthetics. You're just minutes away from everything: University of Calgary and Brentwood LRT.

Asking \$329,900 mls# A2254011

301, 3420-50 STREET NW (VARSITY)

Quiet 2 bedroom condo on the third floor, big sunny balcony, a well-maintained building in the heart of Varsity. New painting, upgraded kitchen, open floor plan. Located right across 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, Foothills Medical Centre.

Asking \$239,900 mls# A2267119

3303 BOULTON ROAD NW (BRENTWOOD)

A beautifully kept bi-level home situated on a 51' x 110' lot in the sought-after community of Brentwood! With ~1,070 sq.ft. above grade, the main floor hosts three comfortable bedrooms and an updated 4-piece bathroom. The fully developed lower level features a spacious family room with large windows, a fourth bedroom, and a full 3-piece bathroom. Walk to all levels of schools, the community swimming pool, library, Brentwood Village shops and the updated Northland Shopping District, and the Brentwood LRT station.

Asking \$674,900 mls# A2260697

2212-5 AVENUE NW (WEST HILLHURST)

Stylish semi-detached in West Hillhurst, well-maintained and prime location, two-storey home. With over 3,000 sq. ft. of developed living space, this residence offers the perfect blend of functionality and style, featuring 9-ft ceilings, rich hardwood floors, and a striking tile-faced fireplace framed by custom built-in bookshelves. The chef's kitchen is the centerpiece, boasting quartz countertops, and a large island with breakfast bar. A curved staircase, illuminated by a skylight, leads to the upper level. The fully developed basement offers 9-ft ceilings, a large recreation room, an additional bedroom with walk-in closet and an egress window. Just minutes from downtown and steps from schools, parks, and vibrant community amenities.

Asking \$938,000 mls# A2257023

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 \$1,199,900 mls# A2251770

**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**