

FEBRUARY 2025

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# TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



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\*All Triwood residents receive the  
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## Joke of the Month



Why aren't dogs  
good dancers?

They have two  
left feet.

BRAIN  
GAMES

SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION



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📍 @lacoccinellepreschool



## The Little Month

We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February "y mis bach," which means "the little month".



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SCAN ME

## GREAT NEWS MEDIA

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## TWC Directory

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Cubs Coordinator	Andrew Waddington
Beavers Coordinators	David Fong and Andrew Waddington
Executive Chef	Mayur Kunte

## 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/](http://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, January to March. In 2025, come to Triwood on January 2, February 6, March 6, and April 3.

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](mailto: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.

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# How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

**TRIWOOD  
SUMMER  
2025**

**SUMMER CAMP  
REGISTRATION  
OPEN NOW!**

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**tw**

**UKULELE NIGHT**

Friday, February 21st | 6:30pm-8:30pm  
\$40 | Teens & Adults

No experience required, everything supplied  
Register: [triwoodcommunity.com](http://triwoodcommunity.com)

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Tennis  
2025**

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Classes  
May - June**

Registration Opens  
Feb 2025!

## February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*

- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

# PARENT + TOT SOCIAL GROUP

WEDNESDAYS

9:45AM - 11:15AM

JAN 8 - MAY 28 2025

FREE FOR MEMBERS



TRIWOODCOMMUNITY.COM



## News from the Friends of Nose Hill

by Anne Burke

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems ([municipal30x30.ca](http://municipal30x30.ca)).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at [parkpeople.ca](http://parkpeople.ca).



Triwood Community Association

## Seeking outdoor rink volunteers

**Commitment:  
1.5 hours/week**

When the outdoor rinks  
at Triwood are installed.  
Weather dependent!

**Ready to volunteer?  
Email us!**

[marketing@triwoodcommunity.com](mailto:marketing@triwoodcommunity.com)







## 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](http://yycseniors.com/events). All events are 18+.

**Feb 3: Free Presentation: Aging Gracefully:  
Making the Most of your Golden Years**  
11:15-12:30 (Always Best Care)

**Feb 7: Free Presentation: Fall Prevention**  
12:00-1:30 (InHome Physiotherapy  
Solutions)

**Feb 10: Free Presentation: Falling For You:  
How to Get Back Up After**  
11:15-12:30 (Therapy2U)

**Feb 14: Free Presentation: Alberta Blue  
Cross 12:00-1:30 (Chartwell)**

**Feb 18: Conversation Cafe: Topics around  
Dementia**  
10:00-12:00

**Feb 24: Free Presentation: Wills by  
Maxxentum**  
11:15-12:30 (Chartwell)

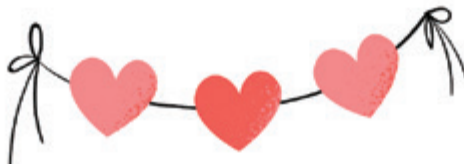
**February 14: Games Day**  
Cost is \$12.00 as lunch is provided.  
12:00-3:00

**February 28: Monthly Luncheon**  
Cost is \$20.00M AND \$40.00NM  
A Taste of  
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Demeter

Choreography by Pam Pickersgill



Email [info@yycseniors.com](mailto:info@yycseniors.com) to join our email list!

Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1  
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**JOIN US AND STAY ACTIVE, STAY ENGAGED  
AND ENJOY EVERY MOMENT!**



**TRIWOOD  
SOCCER  
2025**

COMMUNITY SPRING SOCCER  
**REGISTRATION OPENS  
FEB 2025**

**TRIWOODCOMMUNITY.COM**



**tw SOCIAL PROGRAMS**

**NEIGHBOUR NIGHT**

Tuesdays, Monthly | 6pm  
JT's Pub & Clubhouse  
Jan 21 · Feb 18 · Mar 18 · Apr 15 · May 27  
Free to attend!



**SPRING MARKET**

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VENDORS!**

SUNDAY, APRIL 27TH 2025 | 10AM-4PM

**TRIWOODCOMMUNITY.COM**

**GAMES & PUZZLES**

**Guess the Couple!**

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70<sup>th</sup> anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.




SCAN THE QR CODE FOR THE ANSWERS!



**TRIWOOD  
FITNESS**



# Winter 2025 Classes

## 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: [triwoodcommunity.com/fitness-programs](https://triwoodcommunity.com/fitness-programs)**

# Landlord and Tenant Law – Sublets and Options in DV Situations

by Charmaine Coutinho

As a volunteer lawyer with Calgary Legal Guidance, I advise clients who would otherwise be unable to access (paid) legal services to empower them to take the next steps in their legal matters independently. I commonly deal with landlord and tenant disputes.

This article discusses only leases covered by Alberta's Residential Tenancies Act (RTA). The RTA excludes tenants sharing living space with a landlord, supported living accommodations, and a few other scenarios. I aim to help our community become more familiar with a few RTA topics, at a time when landlords and tenants are under stress and possibly looking for options.

### Subletting

As the cost of living dramatically increases, the proportion of income we allocate to rent may shrink. Many now find themselves unable to afford what may once have been a comfortable rent. The solution, particularly for those in a fixed term lease, may be to sublet.

However, many leases purport to ban sublets. According to the RTA, a tenant can ignore any term in a lease that purports to erase a protection offered to tenants by the RTA. So, a tenant can ignore a lease term that bans subletting.

Under the RTA, a tenant needs a landlord's written consent to sublet, and a landlord cannot refuse to provide consent without reasonable grounds. If a landlord has not given the tenant their written reasons for denial within 14 days of receiving the request, a tenant can assume that the landlord agrees to the sublet. A landlord also cannot charge the tenant a fee for giving consent for the sublease.

Before subletting, a tenant should understand how a sublet works: the primary lease between the tenant and the landlord still exists. As such, all of the tenant's responsibilities and obligations under that primary



lease continue despite the sublet. If the subletter fails to meet their tenancy obligations, the primary tenant would be responsible for meeting these obligations. For example, if a subletter fails to pay rent, the primary tenant is responsible for paying rent to the landlord. If a subletter damages the rental unit during or at the end of the tenancy, the primary tenant would be responsible for repairing the unit before surrender to the landlord or could be sued by the landlord for repairing the cost of damages done by the subletter. Any tenant planning to sublet should seriously consider the risks involved before entering into a sublease.

It is possible for a landlord to voluntarily agree to end the primary lease early, with pre-defined or no penalty fees, and set up a new lease with the interested subletter; this would be exclusively at the discretion of the landlord and cannot be forced by the tenant.

### Domestic Violence and Tenancies

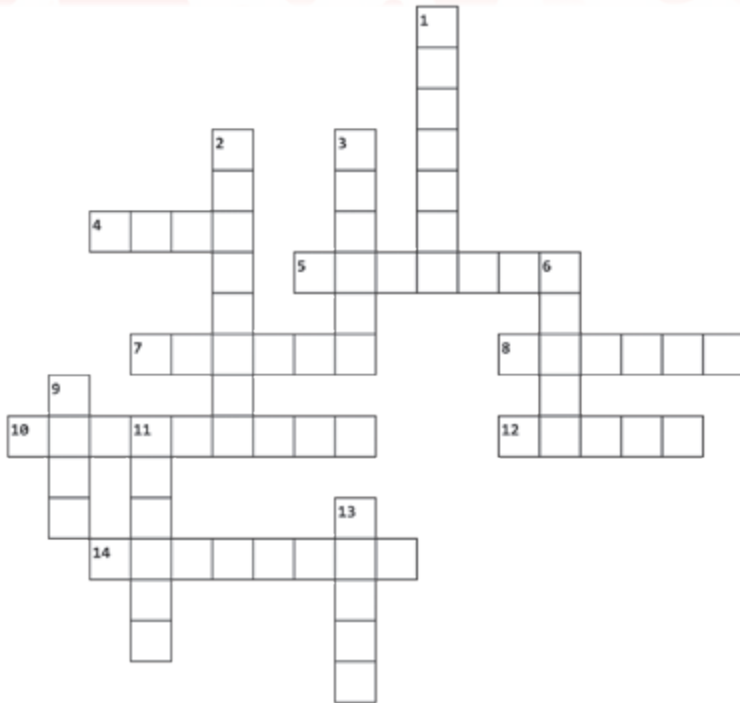
Victims of domestic violence can end a tenancy early and without financial penalty, without a landlord's consent. This right arises in circumstances where the tenant's or a dependant individual's safety is at risk. There is a process to request an authorization certificate from the Alberta government; once the required documents are submitted, the applicant can receive a certificate within seven days. This certificate must be served on the landlord at least 28 days before the applicant terminates the tenancy.

If the applicant fears for their continued safety, they may leave the rental unit before receiving a certificate or before the end of the 28-day period.

Please reach out - there are supports from the city, province, and legal organizations serving vulnerable individuals, ready to offer confidential advice and assistance to those escaping domestic violence.



# February Crossword



## Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film \_\_\_\_\_: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, \_\_\_\_\_, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry \_\_\_\_\_ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as \_\_\_\_\_, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National \_\_\_\_\_ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni \_\_\_\_\_, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

## Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the \_\_\_\_\_ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No \_\_\_\_\_" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The \_\_\_\_\_ U Give* was originally published on February 28, 2017.
11. Canadian actor, \_\_\_\_\_ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. \_\_\_\_\_ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



# It's *February*, which means it's *Heart Month*.



Our team at Cambrian Pharmacy is here to help, whether you have questions about heart medications or are looking for a supplement. To honour heart month, we're focusing on some amazing products in store that support the cardiovascular system. If you've been thinking about exploring the world of heart health, come chat with our supplement or pharmacy team today!

***We love finding you the right product, so from our heart to yours, let's spread the love this month with heart health!***



Scan QR code to view our February deals.

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**COLLINGWOOD**





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DO get results!”**

**DANNY  
WAI**



## **SOLD! SOLD! SOLD!**

### **Listed or Sold in Brentwood, Charleswood, Collingwood by Danny Wai in the Year 2024**

3235 Conrad Crescent N.W.....Sold for 99% of asking price in 21 days  
 4912 Carney Road N.W.....Sold for 95% of asking price in 19 days  
 4103 Charleswood Drive N.W.....Sold for 110% of asking price in 8 days  
 3215 Bears paw Drive N.W.....Sold for 100% of asking price in 5 days  
 2716 Crawford Road N.W.....Sold for 100% of asking price in 66 days  
 4824 Claret Street N.W.....Listed & Sold for 105% of asking price in 18 days  
 19 Brown Crescent N.W.....Listed & Sold for 101% of asking price in 1 day  
 3128 Conrad Drive N.W.....Listed & Sold for 100% of asking price in 1 day  
 4136 Brisebois Drive N.W.....Listed & Sold for 101% of asking price in 1 day  
 407, 3830 Brentwood Road N.W.....Sold for 98% of asking price in 91 days  
 5111 Bulyea Road Road N.W.....Sold for 100% of asking price in 3 days  
 40 Brown Crescent N.W.....Sold for 103% of asking price in 4 days

### **ON THE MARKET**

#### **43 EDGEWOOD PLACE NW (EDGEMONT)**

This four-level split home boasts over 1,770 sq.ft., across 4 bedrooms and 3 full bathrooms above the ground level. Vaulted ceilings on the main floor and a large oversized bow window. Most windows and patio doors have been recently upgraded (2018).

Asking \$689,900 mls# A2186178

#### **80 CORNERBROOK GATE NE (CORNERSTONE)**

\*\*Legal registered basement suite. This is the perfect starter investment property achieving two doors with one purchase. Close proximity to Country Hills Blvd, Stoney Trail, Calgary International Airport, Cross Iron Mills Shopping Centre, and minutes away from the newly planned Green LRT line.

Asking \$604,900 mls# A2185916

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

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for all my listings with  
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