

JANUARY 2025

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Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



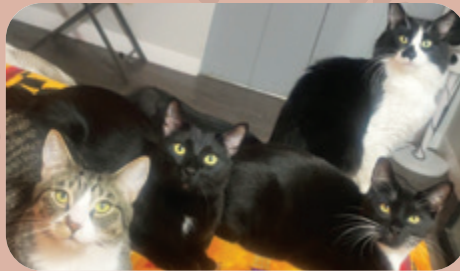
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

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

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/ 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 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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Confederation Park 55+ Activity Centre

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



Upcoming Events

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

Jan 6: Free Presentation: [Fall Prevention in Seniors](#). Complimentary tea, coffee, & snacks. Presented by Always Best Care Senior Services.

Jan 10: Free Presentation:

Jan 13: Free Presentation: [Hearing Health for everyone](#). Complimentary tea, coffee, & snacks. Presented by Beltone.

Jan 14: \$20.00 Donation to the Pantry Program: [Makeup Application](#). Complimentary tea & coffee.

Jan 17: [Games Afternoon](#) \$10.00 12:00-3:00 in the Pub

Jan 21: [Conversation Cafe](#) 10:00-12:00 in the Pub

Jan 27: Free Presentation: [Decluttering](#) Complimentary tea & coffee. Presented by Affordable Golden Transition.

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

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.

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JT's IS OPEN!

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

Mon. - Thurs.
5pm - 9pm

Lower level of Triwood

How to Be a Great Communicator

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

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

1. Interrupting – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

2. Story-Topping – This can shift the conversation from connection to competition.

3. Bright-Siding – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

4. Being Right – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

5. Being All-Knowing – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen as a boundary violation.

Here Are Some Habits of Good Communicators:

1. They create conversational safety free from judgement, fault finding, or rejection. Just be there to listen.

2. They validate other people's feelings with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

3. They follow their natural curiosity by asking



questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

4. They listen with their whole body by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

5. They hear what's beneath the words by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

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COLLINGWOOD



PARENT + TOT SOCIAL GROUP

WEDNESDAYS

9:45AM - 11:15AM

JAN 8 - MAY 28 2025

FREE FOR MEMBERS



TRIWOODCOMMUNITY.COM

Triwood Kids Programs

NEW: Triple Fun Classes (through Puddle of Mud Productions)
Ages 3-5 | Thursdays 3-4pm | Unparented

Students become a 'triple threat,' learning to sing, act and dance. Costumes provided for dress up fun!

Drawing Classes (through Young Rembrandts)
Ages 6-12 | Tuesdays 4:30-5:30

Triwood is offering art classes designed to ignite creativity and boost confidence for kids ages 6-12, through Young Rembrandts.

Triwood PD Day Camp
January 31, 2025 | Ages 6-12

More info & sign up
triwoodcommunity.com



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



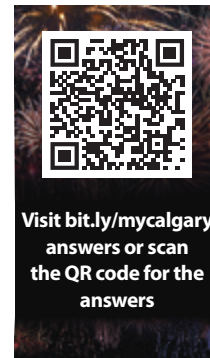
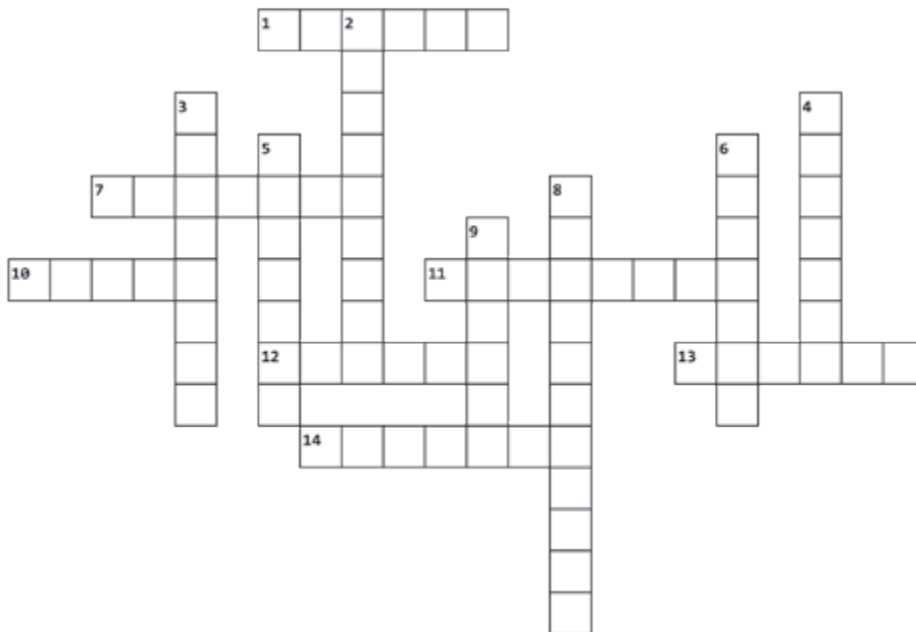
Seeking Volunteers

Want to make an impact?

Reach out to us at marketing@triwoodcommunity.com if you want to get involved!



January Crossword



Across

- Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
- World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
- On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
- This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
- This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
- Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
- Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

- Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
- Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
- On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
- British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
- Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
- "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
- The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.

- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.





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Winter 2025 Classes

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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

The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovian

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Sylvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or break opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

Bad: "I'm a software engineer at Yoyodyne."

Good: "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

Bad: "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.

Good: "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

Consider "Hooks"

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

Bad: "I'm a financial lawyer."

Good: "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

Highlight Your Unique Journey

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."



 Triwood Community Association

Real Estate Insights

An evening with experts

Discuss the current real estate market and interest rates from Waki, a mortgage specialist from ATB, and Dean Stewart, your community realtor from Re/Max Mountainview.

Date: Tuesday, January 28th

Time: 7:00pm - 8:30pm

Location: JT's Pub (lower level of Triwood)



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Walking in a Winter Wonderland: Snow and Ice Removal Adjacent to Properties

by the City of Calgary

The City of Calgary is committed to keeping our public spaces safe and accessible, but residents also play a vital role. The City maintains roughly 10 percent of Calgary's 5,000 kilometers of sidewalks, leaving the majority for property owners/occupants to clear.

In recent years, amendments to Calgary's Streets Bylaw (20M88) have strengthened compliance measures, including an escalating fine structure for property owners who fail to clear their sidewalks within 24 hours of snowfall ending:

- If a sidewalk or pathway adjacent to private property is not cleared, a complaint can be filed through 3-1-1 to Calgary Community Standards.
- A peace officer will inspect, provide education, and leave a 24-hour warning if the snow and ice aren't cleared.
- If the issue persists, the officer will assign a contractor for removal, and the property owner will be fined and charged for the service.
- The fine for not clearing snow/ice is \$250, with escalating fines for subsequent violations within 12 months.
 - o First offence: \$250
 - o Second offence in a 12-month period: \$500
 - o Third subsequent offence(s) in a 12-month period: \$750, automatic court summons

Key guideline: Snow can be shoveled from sidewalks onto the street but not from private property, like driveways, into public spaces. Snow must not block designated wheeling lanes, like downtown cycle tracks.

Become a Snow Angel

Clearing snow and ice from sidewalks can be challenging – even dangerous – for older adults and people with limited mobility. Snow Angels help keep those Calgarians safe. Consider becoming a Snow Angel today!



City of Calgary Home and Small Business Webinars

by the City of Calgary

Start your 2025 home renovation projects or new business idea off on the right foot by watching a City of Calgary Home and Small Business webinar. Our catalog of recorded webinars covers everything you need to know about indoor and outdoor home renovations, how to start a small business, building a secondary or backyard suite, and more.

If you're a DIY home renovator, City experts outline the necessary building permit types, safety code requirements, land use bylaws, and essential tips for hiring a contractor and preparing for inspections.

For small business owners or those planning to start one, our recorded webinars dive into best practices for both commercial and home-based businesses. We'll walk you through the process of applying for a business licence, registering your business, and more.

If you're thinking about developing a secondary suite or backyard suite, take advantage of our recorded content outlining the development process including applying for permits, registering and legalizing suites, and information on programs like the Secondary Suite Incentive Program.

Access recorded webinars and stay up to date about upcoming live webinars and Q&As coming soon at calgary.ca/webinars.



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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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VIRTUOSO**

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cityandvillageco@gmail.com

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



Polar Bears' Secret Colour

Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent! The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.





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WAI**



SOLD! SOLD! SOLD!

CHARLESWOOD—CARNEY ROAD.....SOLD for 95% of asking price

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, 3 with ensuite, 5.5 bathrooms, 9 ft. ceiling in basement. Double detached garage. Short walk to all levels of school, Brentwood LRT station, University of Calgary and shopping.

Asking \$1,849,900 mls# A2153745

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), shingles updated in 2010, sunroom built in 2020, the kitchen and the entrance floor were upgraded in 2022.

Asking \$699,900 mls# A2176608

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 \$594,700 mls# A2176388

226,1920-14 AVENUE NE (MAYLAND HEIGHTS)

Well maintained lowrise apartment complex in Mayland Heights. This loft style end unit boasts 9 ft. ceilings with 2 bedrooms and 2 bathrooms. Plenty of counter space in kitchen. Lots of natural light flows in from the dining room windows. In-suite laundry. In-floor heating system. Close to downtown, shopping, restaurants and major roads.

Asking \$289,900 mls# A2168781

30-6 STREET SW (MEDICINE HAT)

This is a perfect home across recreation facilities, near shopping and schools. Bungalow sits on 50 ft by 125 ft lot. Boasts over 760 sq.ft. total of 4 bedrooms, 2 full bathrooms. Master bedroom comes with his & her closet. Fully developed basement with two extra bedrooms and a good-sized recreation room.

Asking \$219,900 mls# A2177234

CHARLESWOOD—CONRAD CRESCENT

The home features over 2,600 sq.ft of total living space, across 4 bedrooms & 2.5 bathrooms. Updated chef's kitchen, featuring stainless steel appliances. In the back of the home, you'll find a double garage PLUS a RV parking area! The basement features its own working area with a sink, a large mechanical room and laundry. Close to all amenities.

Asking \$914,900 mls# A2178116

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