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The Magic of May

May arrives as spring reaches its peak and nature is in full bloom. The blossoming flowers, lush gardens, and fresh foliage create a feeling of rejuvenation and growth.

Mother's Day, which falls on May 11th this year, is a day to express love and gratitude to the moms in our lives – whether they're our own mothers, the mothers of our children, or other mothers that we want to feel loved on this day of maternal recognition.

The staff at Cambrian Pharmacy would like to wish all moms a very Happy Mother's Day and remind you about the magic of May. It's the perfect time to get outside and enjoy all the joys of Spring, especially with your mom!





Scan the QR code to view our May deals.

9, 728 Northmount Drive NW | Calgary, AB | T2K 3K2 403.289.9181 | CAMBRIANPHARMACY.COM







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

Mothers Day High Tea

Sunday, May 11th, 2025 | 1pm - 3pm

Adults \$30 | Children* \$25 Specialty tea, sweet and savoury treats

Register online: triwoodcommunity.com

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.

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In the village of Corbeil, Ontario, the Dionne quintuplets were born on May 28, 1934, making history as the first known quintuplets to survive infancy.





by Anne Burke

We were contacted about restoration work at Nose Hill. Alberta Native Plant Rescue has some native grasses they've rescued from development sites around Calgary and can plant them out. Past stewardship projects were in Fish Creek Park and Cochrane area. Native species are popular but are at increasing risk from invasive species (weeds) and land development. This Volunteer Group gathers a variety of native grasses and rare plants, then safely relocates them. Some are rough fescue grass, the Prairie sage, blanket flower, blazing star, yarrow, and more. When the native grassland restoration project involves sharing seedlings with the public, participants should bring clean tools and be dressed appropriately.

This year's World Migratory Bird Day theme, Shared Spaces: Creating Bird-friendly Cities and Communities, highlights the urgent need for urban planning and protecting birds. It's time to rally our community and Calgary is certified as bird friendly. Saturday, May 10 marks peak spring migration in Canada. Every action counts to help save bird lives. https://www.birdday.ca/.

Nature Alberta is the coordinator of Important Bird and Biodiversity Areas (IBAs) for Habitat Stewardship, enlisting community and government support. National partners include Birds Canada and Nature Canada. The program was initiated in the 1980s by BirdLife International. Nature Alberta is responsible for recruiting volunteer caretakers who collect bird data; they conduct at least one bird count per year (preferably during migration) and submit the results to eBird Canada. Some other duties are conducting site assessments, restoring habitat, raising awareness, and advocacy efforts. There are currently over 600 IBAs across Canada, including 48 in Alberta all viewable on a Google map. An online directory tracks locations, birds, habitats, threats, and conservation issues. You can access the database, interactive maps, desktop tools, and downloadable PDF maps at https://naturealberta. ca/habitat-stewardship/.

In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough No shame in having need At times the road is harsh and rough Confused this world indeed

It's crucial that we all reach out In giving and receiving To rise above the walls of doubt Together we're believing

We're here to care, we're here to share For that's what life's about In loving kindness, hearts prepare The Food Bank helping out







SUMMER CAMP

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WEDNESDAYS 9:45AM - 11:15AM AN 8 - MAY 28 2025



yycseniors.com



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+.

May 2 - Free Presentation- Pain Management 12:00-1:30

May 5 - Free Presentation - Shoulder Health: Maintaining Your Rotator Cuff -Limited seating so please register 11:15-12:30

May 9 - Wine Tasting and Charcuterie \$20.00 M \$30.00 NM Doors open at 11:30

May 9 - Free Presentation - Financial Planning for Couples 12:00-1:30

May 12 - Free Presentation - Hearing Health for Everyone 11:15-12:30

May 16 - Games Day in the Pub - \$12.00 12:00-2:30

- May 20 Conversation Cafe Topics around dementia 10:00-12:00
- May 23 Free Presentation 40/70 Rule Creating Your Aging Plan 12:00-1:30
- May 26 Free Presentation Encouraging Your Aging Parents to Accept Help 11:15-12:30
- June 6 Free Seniors Information Fair 10:00-2:30 (over 50 vendors)
- June 18-20 Donating and sorting days for our annual garage sale 9:00-2:30

June 21 - 8:00-2:00 Annual Garage Sale

WATCH FOR ADDITIONAL PRESENTATIONS AND EVENTS ON OUR WEBSITE!

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!





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

Mon. - Thurs. 5pm - 9pm

Lower level of Triwood





HARRY POTTER TRIVIA NIGHT

Costume Contest & Prizes All ages welcome! Free to attend, must RSVP: triwoodcommunity.com

Friday, May 30th Doors open at 6:00pm Trivia at 6:30pm All ages welcome





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ALL AGES WELCOME. COME MEET YOUR NEIGHBOURS!

LOWER LOT (NEAR THE ARENA) 2244 CHICOUTIMI DR NW TRIWOODCOMMUNITY.COM

MENTAL HEALTH MOMENT

Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



Spring 2025 Updates

It has been a busy season for our scouting section this year. The Beavers had a sleepover dance party event in March while the Cubs and Scouts did a winter Camp at Alford Lake where they learned about firearms safety, archery, and tried their hand at ice fishing. Scouts had a great time at SAIT's 3D print lab this past February. The Cubs took to the pool in February for another session of scuba diving.

The Scout section was successful in getting a grant from the Chinook Council's Grizzly Den to help fund their five-day canoe adventure in June.

The Beavers and Cubs are going to close out their season with a camp in Dinosaur Country.



Beavers doing a campfire story at the sleepover dancer party.



Cubs learning archery skills at the winter camp at AHEIA's Alford Lake camp.



The Scouts at SAIT's 3D print lab.

Registration

If you're interested in registering your youth or learning more about our group, feel free to email us, check out our Facebook page, or see our website for details.

Fundraisers

Thanks to those of you who provided bottles at our bottle drive this past April. We have completed our fundraising campaigns for the year. We look forward to seeing you next year for our coffee and popcorn sales and bottle drive events!

Become a Leader

We need leaders to make these programs happen. If you are new to Scouting or want to get back into it and are interested in building your outdoor skills along with your youth, there is a place for you at 4th Elks. Contact us at 4thElksTriwood@gmail.com.



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TRIWOOD COMMUNITY ASSOCIATION

BLOCK PARTY CALL OUT FOR VOLUNTEERS!

SUNDAY, JUNE 8TH 10AM - 3PM

DO YOU HAVE A HOBBY, SKILL, OR PASSION YOU'D LOVE TO SHARE? WHETHER IT'S PAINTING, DANCE, GARDENING TIPS, STORYTELLING, OR Something Unique — We're inviting local residents to teach or demo Something for Free at the block party!

WHAT WE'RE LOOKING FOR FROM VOLUNTEERS:

□ SHORT WORKSHOPS OR DEMOS [15-30 MINS] FOR THE PUBLIC

- □ ALL AGES WELCOME
- NO TEACHING EXPERIENCE NEEDED JUST ENTHUSIASM!

CONNECT WITH NEIGHBOURS, SHOW OFF YOUR TALENTS AND HELP CREATE A DAY FULL OF COMMUNITY SPIRIT.

CONTACT US MARKETING@TRIWOODCOMMUNITY.COM

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continued on next page

BUSINESS CLASSIFIEDS continued

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Councillor, Ward 4 Sean Chu S 403-268-3727 S ward04@calgary.ca www.calgary.ca/ward4 S www.seanchu.ca

Be Ready: Emergency Preparedness in Calgary

Dear Ward 4 Residents,

Emergencies can happen at any time, and being prepared is the best way to keep yourself, your family, and your community safe. The City of Calgary is committed to ensuring residents have the resources and information they need to be ready for anything.

Why Preparedness Matters

Natural disasters, extreme weather, and unexpected situations can disrupt daily life. Having a plan in place can reduce stress and increase safety in critical moments.

What You Can Do

The City of Calgary has put together a comprehensive guide on how to prepare for emergencies. Here are a few key steps you can take today:

Create an Emergency Plan – Know how to communicate with your family and where to go in case of evacuation.

Build a 72-Hour Kit – Ensure you have essential supplies like food, water, medications, and important documents.

Stay Informed – Follow official sources for real-time updates and alerts.

Know Your Risks – Be aware of local hazards such as floods, wildfires, and extreme weather events.

Resources Available to You

The City of Calgary provides a variety of resources to help residents stay informed and prepared. Visit calgary. ca/emergencies/preparedness for detailed checklists, planning tools, and information on local risks.

Being proactive today can make a big difference when an emergency strikes. Stay safe and stay prepared, Ward 4!

Sincerely,

Councillor Sean Chu

Ward 4, City of Calgary

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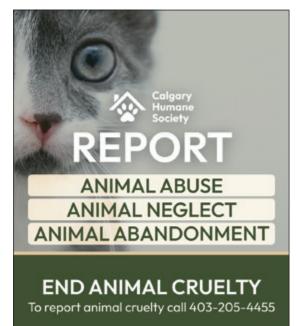
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ON THE MARKET

3536 BENTON DRIVE NW (BRENTWOOD)



Rare bi-level home in Brentwood | Attached 4-car garage | 4 Bedrooms | Backs onto green space | Recently renovated and updated. This unique home boasts a myriad of features located in the coveted neighbourhood of Brentwood! Backing onto Brenner Park, this ~1,500 sq.ft. home features 4 bedrooms and 3 newly renovated full bathrooms.

Asking \$872,800 mls# A2195333

44 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. 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 \$1,338,900 mls# A2194211



2104, 99 SPRUCE PLACE SW (SPRUCE CLIFF)

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