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THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



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**Singing** 

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# **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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by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: "Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring". Another, "From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence". Moreover, "She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts." Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/ historical-photos-nose-hill-park/.

















# TRIWOOD CHRISTMAS MARKET 2025

FREE TO ATTEND! | 2244 CHICOUTIMI DR NW

FRIDAY, NOVEMBER 28TH 3-8PM

SATURDAY, NOVEMBER 29TH 10AM-4PM



#### **Upcoming Events & Presentations**

PLEASE REGISTER:call403-289-4780 or visityycseniors.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.

#### **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: A Creative and Joyful Program for Older Adults

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

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

Oct 22 - (12:00-2:00) Financing Solutions For Seniors

Oct 24 - (12:00-1:30) Downsizing Made easy

Oct 27 - (11:15-12:30) Topic TBA

Oct 29 - (12:00-2:00) Free Presentation: Home Safety

#### NOVEMBER

Nov 5 - (12:30-2:00) Free Presentation: Creating Your Hand-Written Will

Nov 7 - (12:00-1:30) Free Presentation: Mind and Motion

Nov 12 - (12:30-2:00) Free Presentation: Financial Assistance and Entitlements for Older Adults

Nov 14 - (12:00-2:30) Games Day

Nov 18 - (10:00-12:00) Conversation Café Dementia

Nov 19 - (12:30-2:00) Free Presentation: Creating Your End of Life Binder

Nov 26 - (12:30-2:00) Free Presentation: Savy Spending

#### DECEMBER

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

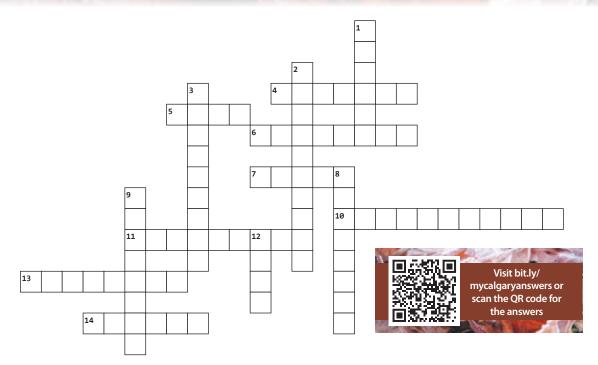
Food is being sponsored by Wellings of Calgary

#### Email info@yycseniors.com to join our email list!

Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L oW1 info@yycseniors.com | 403-289-4780 | yycseniors.com | FB @yycseniors

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

# **November Crossword**



#### Across

- 4. In November 1896, the hydroelectric powerplant at \_\_\_\_\_\_Falls started operating.
- 5. "Novem" is the Latin word for what number?
- 6. The sci-fi novel, \_\_\_\_\_\_ *Park*, by Michael Crichton was published in November 1990.
- 7. World \_\_\_\_\_\_ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
- On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharoah.
- 11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
- 13. On November 30, 1982, Michael Jackson released his hit album "."
- 14. On November 27, 2013, this winter wonderland Disney animation was released.

#### Down

- 1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
- 2. Jacques Plante became the first NHL goalie to wear a protective face mask on November 1, 1959.
- 3. Canadian Music Hall of Fame inductee Gordon

  \_\_\_\_\_ was born on November 17, 1938, in Orillia,
  Ontario.
- 8. Stars of the romantic film *The* \_\_\_\_\_\_, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
- On November 15, 2020, Lewis \_\_\_\_\_ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
- 12. One of the most complete early human ancestor skeletons (Australopithecus afarensis), nicknamed \_\_\_\_\_\_, was discovered in Ethiopia on November 24, 1974.

# GREAT NEWS MEDIA

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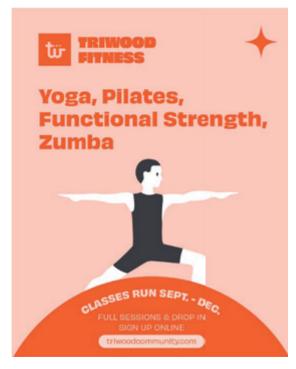
Call 403-720-0762 | grow@greatnewsmedia.ca











#### **MENTAL HEALTH MOMENT**

### **Raising Non-Anxious Kids**

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

#### A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

#### 1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

#### 2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

#### 3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

#### 4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

#### **Practical Tips for Parents**

- Pause Before Helping: If your child asks for help, wait a few minutes. Encourage them to try first.
- Make Things Just a Bit Harder: Give challenges that require effort—like board games, chores, or puzzles.
- Encourage Real-World Play: Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- Embrace Boredom: Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- Create Screen-Free Zones: Mealtimes, bedtime routines, and family outings can be tech-free moments.
- Model Healthy Habits: Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- Build Community: Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- · Learn how to handle frustration.
- · Discover creativity in boredom.
- · Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.





**OPEN TO THE PUBLIC** 

Sundays | 5:30pm

Broomball - Call 403-829-2794 to sign up!

Mondays | 3-4:45pm

Sticks/Pucks'n'Rings

Wednesdays | 3-4pm

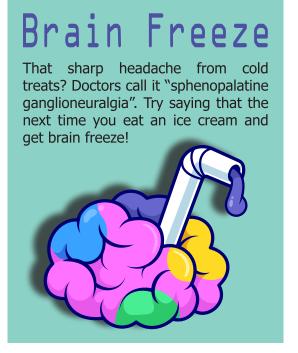
Public Skate | No Sticks or Pucks



\*Back on Sept 7th 2025!

There is no cost for these programs however a "Pay what you can" donation is appreciated!









# COMMUNITY CHRISTMAS DINNER

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

TICKET REGISTRATION OPENS UP NOVEMBER 18TH

TRIWOODCOMMUNITY.COM

#### YOUR CITY OF CALGARY

# Green Line LRT Construction is Underway!

by the City of Calgary



Did you know the Green Line LRT SE Project officially broke ground on June 26, 2025? This monumental milestone marked the start of main construction for Calgary's largest and most ambitious infrastructure project to date and since then, progress has been moving full steam ahead.

With \$6.248B in committed funding from The City of Calgary, the Province of Alberta, and the Government of Canada, this project reflects a powerful collaboration dedicated to building a better future for our city. Over the past few months, the Green Line team has been hard at work initiating several key construction activities. If you've travelled through 78 Avenue SE, 114 Avenue SE, or Barlow Trail, you may have noticed active construction zones as part of the early stages of this transformational project.

One major area of focus is the Maintenance and Storage Facility (MSF), located near the future Shepard Station, where site preparation and servicing is well underway. This facility will play a crucial role in keeping Green Line light rail trains running smoothly and efficiently once service begins.

Construction on the Green Line LRT has started, and the benefits will last a lifetime.

To stay informed about upcoming work, timelines, and impacts in your community, visit calgary.ca/greenline and sign up for our newsletter.



MLA Calgary - Klein **Lizette Tejada** 

#232-A - 3630 Brentwood Rd NW

**403-216-5430** 

➤ Calgary.Klein@assembly.ab.ca ※ @lizettendp | ② lizettendp

Happy November, Calgary-Klein!

While the last month has seen cooler temperatures, connecting with all of you in community is what warms my heart. I have thoroughly enjoyed visiting seniors, schools, attending community AGMs, and chatting with many of you on the doorsteps! Over Thanksgiving I reflected on what I am grateful for as a second generation Canadian, and public education stands out!

Calgary-Klein is home to 37 schools and I'm lucky to have attended Collingwood and Colonel Irvine schools back in the 1900s! The eighties to be exact. Our teachers then and now are committed when it comes to educating, welcoming, and building up our kids.

At the time of writing, our teachers are on strike. Over 700,000 students are affected and not attending classes. Over the last few weeks, I have had heart-to-heart chats with teachers, principals, parents, and students (one in the fourth grade)! I have also received thousands of emails – we know education is top of mind for everyone and that there is widespread support for teachers to get a fair deal.

Sadly, Alberta has the lowest per-student funding for public education in the country. I have heard stories of overcrowded classrooms, buildings in disrepair, inadequate resources, and insufficient supports for both students and staff. Investing in public education is how we build a successful province; I hope that by the time you read this our teachers have a deal that respects their contributions and provides better learning conditions for our students.

As always, I want to hear from you! Our office is here to serve, and we will do our best to answer your questions and provide resources where possible. You can follow me on social media platforms @lizettendp. We'll see you out there!

Please email us at Calgary.klein@assembly.ab.ca or call 403-216-5430.

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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.

**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.

**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.

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### Top #2 Team in the Year of 2024

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

SCENIC ACRES—SCENIC HILL CLOSE......SOLD for 98% of asking price

#### 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 Calcary and Brentwood LRT.

Asking \$344,900 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

#### **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

#### 3152 BLAKISTON DRIVE NW (BRENTWOOD)

Charming bi-level family home offers approx. 1,960 sq.ft. of total comfortable living space, including 5 total bedrooms and 2 full bathrooms. Live upstairs and rent out the basement – the lower 2 bedroom illegal suite with a separate walkup entrance. Upgrades including high quality water proofing, LVP flooring on main floor and laminate floor in basement, exterior siding on home and garage (2021), windows and doors (2018), electric panel upgrade (2003), new hot water tank (2023) and shingles replaced (2021). Close to all amenities.

Asking \$779,900 mls# A2247457

#### 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

#### 3303 BOULTON ROAD NW (BRENTWOOD)

A beautifully kept bi-level home situated on a 51'  $\times$  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 \$719,900 mls# A2260697

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