

OCTOBER 2025

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS



TRIWOODtrumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



**VOTE JEREMY
WONG
FOR WARD 4**



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WONG** FOR WARD 4 COUNCILLOR

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FIRST**



403-869-9806

connect@votejeremywong.ca votejeremywong.ca



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.

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 15 - (12:00-2:00) Free Presentation: Medication Management
- Oct 17 - (12:00-2:30) Games Day
- Oct 20 - (11:15-12:30) Free Presentation: Benefits of Homecare for Independence and Quality of Life
- Oct 21 - (10:00-12:00) Conversation Café Dementia
- Oct 22 - (12:00-2:00) Topic to come
- Oct 24 - (12:00-1:30) Topic to come
- Oct 27 - (11:15-12:30) Free Presentation: How to Know When it's Time for Home Care in Calgary
- 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
- Nov 28 - (12:00-1:30) Free Presentation: How to Choose the Right Home Care Provider

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 0W1
info@yycseniors.com | 403-289-4780 | yycseniors.com | FB @yycseniors

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

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

CHARLESWOOD



COLLINGWOOD



100 votes behind Sean Chu in 2021.
**Bringing your voice back
to City Hall in 2025.**

Advance Vote Oct 6-11, Election Day Oct 20

djkelly.ca



Triwood Annual General Meeting

Thurs. Oct. 16th at 7pm

Light Snacks & Beverages at 6pm
2244 Chicoutimi Dr NW



How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

TWC Directory

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Cubs Coordinator	Andrew Waddington
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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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Rhubarb Rhythm

Did you know that along with the health benefits and delicious taste rhubarb provides, it also has some sweet musical sensibilities? Well, not exactly musical, but growers do say that when it is in the dark the plant grows so fast you can HEAR the squeaks, snaps, crackles, and pops of its rapid growth. How cool is that?!

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(house calls and after-hours appts. still available)



TRIWOOD FITNESS

Qigong Class
with Jennifer

Mondays
5:30pm – 6:30pm
Collingwood Room

\$120.00 for full session
\$14.50 per drop-in

New Class!



Annual Activity Membership required (\$35)
Sept 22nd – Dec 1st
triwoodcommunity.com

TRIWOOD DINNER CONCERTS PRESENTS

GETTIN' GROOVY WITH THE TRAVELLING MABELS



In partnership with
ALBERTA
FOUNDATION
FOR THE ARTS

THE TRAVELLING MABELS

Show ticket only: \$30
Dinner & Concert: \$65

Doors open: 5:30pm
Dinner served: 6:30pm
Show begins 8pm

SUNDAY, OCTOBER 26

TRIWOODCOMMUNITY.COM



Good Food Box 2025

Order at triwoodcommunity.com



Ordering Details

Good Food Box 2025

ORDER BEFORE September 15th	PICK UP ON September 24th
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ORDER BEFORE October 13th	PICK UP ON October 22nd
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Last Box of 2025 ORDER BEFORE November 17th	PICK UP ON November 26th
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**Yoga, Pilates,
Functional Strength,
Zumba**



CLASSES RUN SEPT. - DEC.
FULL SESSIONS & DROP IN
SIGN UP ONLINE
triwoodcommunity.com

Have you checked out



RUBEN'S VEGGIES AT TRIWOOD?

Open Daily 8am - 8pm | April - December
Triwood Upper Parking Lot

Ruben's Veggies has opened a self-serve, semi-permanent vegetable stand at Triwood!

Celebrate this new partnership and local, healthy communities.

Farm Stand Program





TRIWOOD COMMUNITY
ASSOCIATION INVITES YOU TO THE...



HALLOWEEN DANCE PARTY!

Sunday, October 26th @ 12PM - 3PM
\$5 per person, free for kids 3 and under
Charleswood Room




TRIWOOD COMMUNITY
ASSOCIATION INVITES YOU TO THE...



HALLOWEEN DANCE PARTY!

Live Violin Performance by Quora Strings
Dramatic Book Reading for Kids at 1pm & 2pm
Prizes for Best Costumes
Snacks and drinks available for purchase





FAMILY HALLOWEEN TRIVIA NIGHT

WEDNESDAY, OCTOBER 28TH 2025
DOORS OPEN AT 5PM | TRIVIA STARTS AT 6PM
LOCATION: JT'S CLUBHOUSE (2244 CHICOUTIMI DR NW)

FREE TO ATTEND WITH RSVP | ALL AGES WELCOME!

Top 10 things to do when
SELLING YOUR HOME

1. Call Me.
2. I'll do the other 9.





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SPECIALS

Mondays 1/2 price wings \$5.00 Domestic Beer	Wednesdays \$12 Burger & Fries \$6.00 Caesars & Imported Beers
Tuesdays \$4 tacos \$6.00 Corona	Thursdays \$12 Pizzas \$5 house wine

2244 CHICOUTIMI DR NW
Open 5-9pm Monday - Thursday



TRIWOOD CHRISTMAS MARKET 2025

SAVE THE DATE | 2244 CHICOUTIMI DR NW

FRIDAY, NOVEMBER 28TH 3-9PM	SATURDAY, NOVEMBER 29TH 10AM-4PM
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Fall and Winter Arena Drop In Activities

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!

PARENT + TOT SOCIAL GROUP

WEDNESDAYS

9:45AM - 11:15AM

SEPT 10 2025 - MAY 27 2026

**TRIWOOD COMMUNITY ASSOCIATION
2244 CHICOUTIMI DR NW
CHARLESWOOD ROOM (UPSTAIRS)**

FREE TO ATTEND*

***WITH 2-YEAR FREE TRIWOOD
MEMBERSHIP SIGN UP ONLINE**

TRIWOODCOMMUNITY.COM





by Anne Burke

The first recorded land occupancy of Nose Hill was an 88,000-acre lease in 1882. Large range leases were bought by well-financed ranchers, such as Senator Patrick Burns, who purchased most of two sections of Nose Hill. Cattle grazing occurred until Nose Hill was established as a park. Crops, such as wheat, oats, and rapeseed, were first grown on the plateau in 1907. Privately held farmland was horse pasture until 1912. The negative impact of horse and cattle grazing was widespread on slopes and ravines. However, it helped to control taller nuisance weeds, such as thistle and common nettle.

By 1910, Calgary's boundaries extended north to 48 Avenue. Residential development between 1945 and 1959 pushed as far north as Capri Avenue and east of 14 Street as far north as 56 Avenue. Aerial photographs reveal traffic to and from fields on the Hill to sites in the ravines and gullies along the escarpment. There were many old vehicle trails. Pickups and 4x4 trucks on the Hill used the sloping benches south of 56 Avenue and east of 24 Street. Trail development and use by walkers increased with the Winter Club.

Gravel mining began in 1961. Many Owls Valley was part of the route for commercial trucks on the main road and along the ridge on the south slope of the valley. Severe damage was caused to slope crests and the top of hummocky areas. Construction of John Laurie Boulevard in 1968-69 caused overuse in areas without fencing. More people trespassed on private lands north of the Boulevard or drove to riding club stables south of the gravel pit. There were many horse trails and dirt bikes, walkers, and joggers from 1975 to 1980. Agriculture on the Hill was suspended in 1979.



MLA Calgary - Klein

Lizette Tejada

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ Calgary.Klein@assembly.ab.ca

✂️ @lizettendp | 📷 lizettendp

Hello October!

As the leaves start to turn and we settle into fall, I want to thank everyone who's taken the time to connect over the past few weeks—whether at community events, town halls, or just out in the neighbourhood. It's been great to hear directly from you about what matters most.

Session is set to begin at the end of the month, and I'm heading in with your voices in mind. The issues coming up again and again are healthcare and education—two areas that impact every family and deserve serious attention. I'll be working hard to make sure your concerns are heard loud and clear.

It's also been great to see so many of you at town halls recently. These conversations are invaluable, and I appreciate your honesty, your questions, and your ideas. If there's a gathering in your area, let me know—I'd love to join.

And of course, October wouldn't be complete without Halloween. Whether you're carving pumpkins, dressing up, or just enjoying the candy, I hope you get a chance to have some fun and connect with your community.

As always, my constituency office is here to support you—whether it's navigating provincial programs, answering questions, or connecting you with the right resources. You can reach us by email at calgary.klein@assembly.ab.ca or by phone at 403-216-5430.

To stay up to date, follow me on Facebook, Instagram, Twitter, Threads, and Bluesky under the handle @lizettendp.

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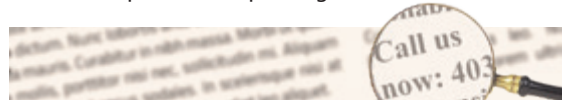
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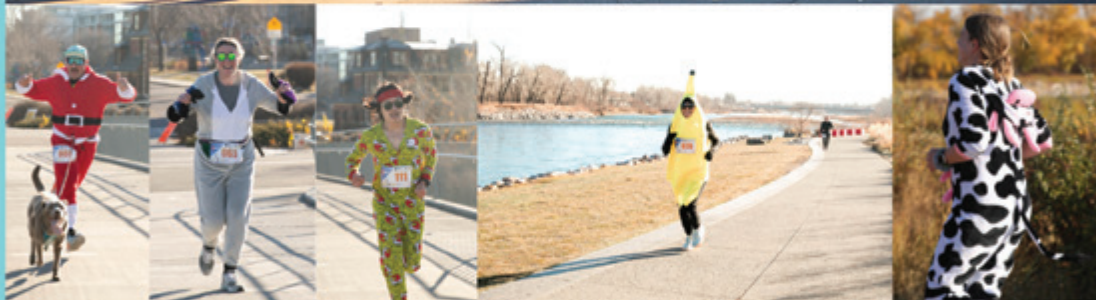
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ON THE MARKET



**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 \$1,269,000



**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



SCENIC ACRES- SCENIC HILL CLOSE

Prime corner lot in Scenic Acres, perfect family home. Beautifully maintained and extensively upgraded 1,923 sq.ft., 3 bedroom / 3.5 bathroom two-storey split home. The main level features vaulted ceilings and bayed windows in the spacious living and dining rooms, flooding the space with natural light. The vaulted ceiling in the kitchen offers vertical space and airflow, and there is a large walk-in pantry. The fully finished basement offers a spacious rec room, private office/den, and an additional 3-piece bathroom—ideal for guests or a home workspace.

Asking \$724,900 mls# A2231744

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