

SEPTEMBER 2025

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS



# TRIWOODtrumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER



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## Back-to-School Supplement Sale!

Get your kids ready for a healthy, focused school year with our **Back-to-School Sale!**  
Whether you're looking to boost immunity, support focus and concentration,  
or ensure daily nutrition, we've got you covered – all at discounted prices!

**STOCK UP BEFORE THE SCHOOL BELL RINGS! Limited time only – Save up to 25% off:**

- **Children's Multivitamins:** Daily essentials for growing bodies
- **Immune Support:** With Vitamin C, Zinc, Elderberry and Mushrooms
- **Omega-3 & DHA Supplements:** For brain health and cognitive function
- **Enzymes:** Supports digestion

Bring in this advertisement to Cambrian Pharmacy and **SAVE 10% on ANY in stock probiotic.** Valid until 09/30/2025.



Scan the QR code to view our September deals.

9, 728 Northmount Drive NW | Calgary, AB | T2K 3K2  
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## CONCRETE COTERIE

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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

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*Licensed by Avenue Financial*



*Triwood Community Association*

# PET FESTIVAL

**SUNDAY SEPTEMBER 7, 2025**  
**10AM – 2PM**

*Live DJs! Free Pony Rides for kids!  
A pet portrait photobooth and the  
Triwood Pet Royalty Pageant!*



*Top 10 things to do when*  
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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 & Presentations

**PLEASE REGISTER:** call 403-289-4780 or visit [yycseniors.com/events](https://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.**

#### SEPTEMBER

- Sept 10 - (12:00-2:00) Free Presentation: Understanding Your Enmax Bill
- Sept 12: Seniors Olympics - Doors open 10:00, Lunch served at 12:00- 12:30, (Lunch must be paid for at the time of registrations and will be \$15.00/person) **Prizes will be awarded at 2:30**
- Sept 12 - (12:00-1:30) Free Presentation: Pain Management
- September 19: Games Day - 12:00-2:30. Lunch is \$12.00
- Sept 15 - (11:15-12:30) Free Presentation: Downsizing
- Sept 17 - (12:00-2:00) Free Presentation: Introduction to Creative Arts or Seniors: Why it Matters
- Sept 18 - (6:30-8:30) Womens Self Defense \$25.00/person
- Sept 19: Games Day - 12:00-2:30. Lunch is \$12.00
- Sept 22 - (11:15-12:30) Free Presentation: Understanding Home Care: What it is and How it Works
- Sept 23 - (10:00-12:00) Conversation Cafe - Topics around Dementia
- Sept 24 - (12:00-2:00) Free Presentation: Fall Prevention
- Sept 29 - (11:15-12:30) Free Presentation: Addressing Stigma: Reframing Home Care as Empowerment

#### 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: Estate and Tax Planning
- Oct 15 - (12:00-2:00) Free Presentation: Medication Management
- Oct 17 - (12:00-2:30) Free Presentation: 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) How to Know When it's Time for Home Care in Calgary
- Oct 29 - (12:00-2:00) Home Safety

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

Confederation Park 55 + Activity Centre, 2244 Chicoutimi Dr NW, T2L 0W1  
[info@yycseniors.com](mailto:info@yycseniors.com) | 403-289-4780 | [yycseniors.com](https://yycseniors.com) | [FB @yycseniors](https://www.facebook.com/yycseniors)

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



# Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

### 1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

### 2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

### 3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

### 4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

### 5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

### 6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

**Book Suggestion:** *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

## TWC Directory

President	Mark Whiteman
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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/](https://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](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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## **Celebrate Calgary Culture Days This September**

*by The City of Calgary*



Calgary Culture Days showcases the people, places, and stories that make our city one of a kind. From September 1 to 30, experience this city-wide celebration of local arts, culture, heritage, and community spirit.

Events are taking place downtown and in neighbourhoods across the city—many of them free and family-friendly. Whether you're catching a live performance, exploring a pop-up exhibit, or taking part in a hands-on workshop, there's something to discover around every corner.

It's your chance to connect with Calgary's creative scene and celebrate the vibrant cultures that shape our city.

See what's happening near you at [calgary.ca/culturedays](http://calgary.ca/culturedays).



## **News from the Friends of Nose Hill**

*by Anne Burke*

Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.



# Good Food Box 2025

Order at [triwoodcommunity.com](http://triwoodcommunity.com)

Ordering Details  
→

## Ordering Details

<b>ORDER BEFORE</b> September 15th	<b>PICK UP ON</b> September 24th
<b>ORDER BEFORE</b> October 13th	<b>PICK UP ON</b> October 22nd
<b>Last Box of 2025</b> <b>ORDER BEFORE</b> November 17th	<b>PICK UP ON</b> November 26th



**TRIWOOD  
FITNESS**

**Yoga, Pilates,  
Functional Strength,  
Zumba**



**CLASSES RUN SEPT. - DEC.**  
FULL SESSIONS & DROP IN  
SIGN UP ONLINE  
[triwoodcommunity.com](http://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 FALL MARKET

SUNDAY, SEPTEMBER 28TH 2025

TRIWOOD COMMUNITY ASSOCIATION | 10AM-4PM

## *The David*

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!





## SPECIALS

### Mondays

1/2 price wings  
\$5.00 Domestic  
Beer

### Tuesdays

\$4 tacos  
\$6.00 Corona

### Wednesdays

\$12 Burger & Fries  
\$6.00 Caesars  
& Imported Beers

### Thursdays

\$12 Pizzas  
\$5 house wine

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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  
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**TRIWOODCOMMUNITY.COM**



# Cats, Canines, & Critters of Calgary



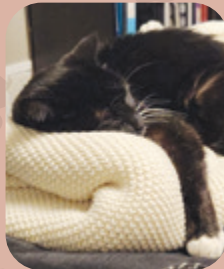
Harley, Cranston



Jasper, Glenbrook



Lulu, Signal Hill



Mika, Richmond Knob Hill



Mr. Fuggs, Christie Park



Rollie, Auburn Bay



Ruby, Glenbrook



Rusty, Glenbrook

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



**MLA Calgary - Klein  
Lizette Tejada**

#232-A - 3630 Brentwood Rd NW

📞 403-216-5430

✉️ [Calgary.Klein@assembly.ab.ca](mailto:Calgary.Klein@assembly.ab.ca)

📧 @lizettendp | 📷 lizettendp

Happy September!

It's been wonderful to see Calgary come alive over the past few months—from the energy and excitement of Stampede to the many vibrant community events that make summer in our city so special. I hope you had a chance to enjoy the festivities, spend time outdoors, and connect with neighbours in celebration of our shared spirit.

It's also been incredibly meaningful to connect with folks—whether at the doors, at events, or simply out and about. One message that has come through loud and clear is how proud people are to be Canadian. From seeing Canadian flags proudly displayed on homes to witnessing the enthusiastic support for local businesses and organizations, it's a beautiful reminder of the power of community and the values we share.

As we transition into fall, I'm looking forward to continuing these conversations and staying engaged with the issues that matter most to you. If there's an event in your neighbourhood that you'd like me to attend, please don't hesitate to reach out—we'd love to be there.

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](mailto: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.



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

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**TRIWOOD MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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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](http://www.communitymediation.ca), 403-269-2707.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

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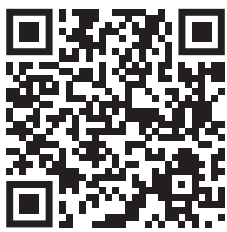


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5			7			4	6	
		2						3
	9							5
		4			8		9	1
							4	
				1			7	
	2				4			8
				2	6			

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FOR THE SOLUTION



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of Calgary**

Celebrating  
115 years  
of helping  
Calgarians  
in need

## Semi-Annual Super Thrift Sale

**Saturday, September 27**

**9:00am-1:00pm**

**Hillhurst-Sunnyside Community Centre  
1320 - 5th Avenue NW**



Get great deals on household goods,  
clothing & shoes for all, fashion accessories,  
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**Don't forget to bring your tote bag!**

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WAI**



## Top #2 Team in the Year of 2024

### ON THE MARKET



#### **8408 ADDISON DRIVE SE (ACADIA)**

This gorgeous bi-level home features 4 total bedrooms, 2 full bathrooms, a south-facing backyard,

renovated illegal basement suite (2024), central A/C, water softener, newer windows on the main floor, and a double detached garage! Behind the home is a stretch of green space off the paved back alley, perfect for dog runs, summer walks, and a community connector with privacy!

Asking \$674,900 mls# A2233365



#### **179 SCENIC HILL CLOSE (SCENIC ACRES)**

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



#### **Varsity—50 STREET**

Quiet 2 bedroom condo, balcony faces courtyard, a well-maintained building in the heart of Varsity! This gorgeous end unit features 853 sq.ft. of living space across two well-appointed bedrooms and one full bathroom, with luxury vinyl plank flooring throughout and updated light fixtures. Located right across from 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, and Foothills Medical Centre.

Asking \$272,900 mls# A2234026

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

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