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| Administrator | Olivia Fong |
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| Arena and Facilities Manager | Jim Pilling |
| Programs Coordinator | Mackenzie Spong |
| Community Engagement Manager | Shivani Gibbs |
| Scouts Coordinators | Vacant |
| Cubs Coordinator | Andrew Waddington |
| Beavers Coordinators | David Fong and Andrew Waddington |
| Executive Chef | Mayur Kunte |
| Fund Development Manager | Lori Wilson |

## 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.

## Triwood Skating 2026

| | Drop-in Program | Time | Dates |
|---|---|---|---|
| Sunday | Broomball | 5:30pm - 6:30pm | Sept 13th - Dec 13th |
| Monday | Senior's Skate (55+) | 9am - 10am | Sept 14th - Dec. 21st |
| | Sticks, Pucks'n'Rings | 3pm - 4:45pm | Sept 14th - Dec. 21st |
| Wednesday | Public Skate | 2:30pm - 4pm | Sept 16th - Dec. 23rd |



Become a Triwood Member: triwoodcommunity.com

Triwood Community Association

# 65 Years of Triwood: A Community That Comes Together

*by Mark Whiteman, President of the Triwood Community Association*



What comes to mind when you think of Triwood? For me, it's the people. Kids learning to skate, seniors catching up with friends, neighbours at the Stampede Breakfast, families coming out for an event, and volunteers who keep things moving behind the scenes.

I've called Triwood home for more than 26 years, and I've seen firsthand how much life the Community Association brings to the neighbourhood. Our recent 65th anniversary celebration, which welcomed about 350 people (topped off with fireworks!), was a great reminder of that.

Triwood is a busy community hub, welcoming more than 160,000 people each year through our programs, arena, events and the many community groups that call it home.

There's always something happening at Triwood, from kids' programs and seniors' activities to Pet Fest, Neighbour Day, Open Mic Night, Seniors' Skate, pickleball and art workshops. And some things never go out of style, including long standing traditions like the Stampede Breakfast, Community Christmas Dinner, and Beaver and Cub Scout programs.

One thing you may not know is that Triwood is a registered charity. We don't receive operational funding from the City, so community support makes a real difference in keeping these programs, events and activities going.

As we look ahead to 2027, there's plenty more we want to do at Triwood and support from the community is what makes things happen! I'm inviting you to be part of it by supporting this year's President's Appeal. I'll be making my donation, and I'd love you to join me.

**Support Triwood's President's Appeal!**
Scan the QR code, visit triwoodcommunity.com/donate, or call 587-391-3991.

Donations over $20 will receive a charitable tax receipt.

Thank you for being part of Triwood and for helping make it a community we're proud to be part of!




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JT's Clubhouse

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| TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|
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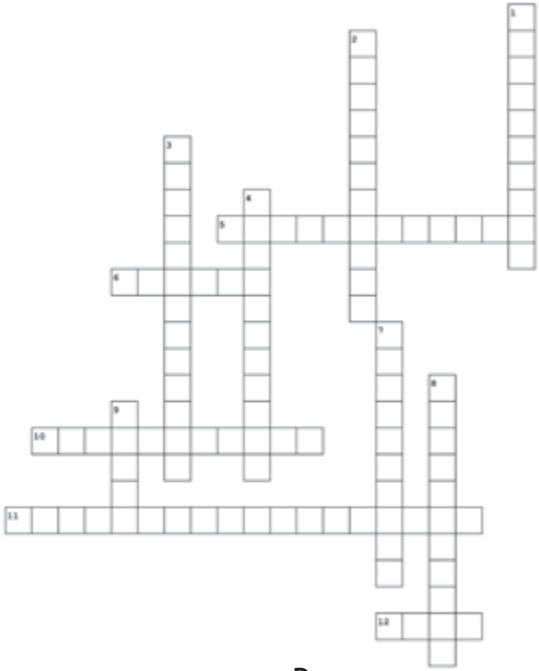






HAPPY NEW YEAR!
2027
Triwood Community
Association

# December Crossword



**Across**

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

**Visit bit.ly/mycalgaryanswers or scan the QR code for the answers**

**Down**

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.



# News from the Friends of Nose Hill

*by Anne Burke*

I was contacted by a PhD Student at the University of Calgary who is training to become a forest therapy guide. His research is on the use of nature in cancer care, and he plans to provide some to patients and participants at Nose Hill Park. He intends to be mindful and have minimal human impacts on the land and the rough fescue grasses. He wants to avoid off-leash areas and others with a lot of thistles. Forest therapy is a legitimate, research-backed wellness practice for reducing stress and improving mood, though it is considered preventive or complementary care rather than a medical cure. While forest therapy is a structured, clinical intervention aimed at specific health challenges, forest bathing is a general mindfulness practice for stress reduction.

Calgary's first official trail at Inglewood Bird Sanctuary was certified by the Association of Nature and Forest Therapy (ANFT). The loop offers five unique stations that guide you on a sensory exploration of this peaceful natural area. Community walks are seasonal and guided two-and-a-half-hour programs are in local wilderness spaces like Griffith Woods Park. The Cumming School of Medicine (CSM) engages deeply with nature-based healing through Indigenous medicine walks and local health partnerships. The school integrates immersive nature experiences primarily through traditional Indigenous healing frameworks. Organized by the CSM Strategic Partnerships and Community Engagement office alongside the Calgary and Elbow River Healing Lodge, University of Calgary medicine walks take place at Nose Hill Park. Led by Indigenous elders, these walks guide medical students through the natural environment to explore the collection, application, and meaning of traditional plant medicines, blending medical education with ecological connectedness.

This article is for informational purposes only. For medical advice or diagnosis, consult a professional.





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# What's Behind Your Financial Decisions?

*by Mark Letchumanan, CFA, CFP, ACC, CKA*



I used to manage a financial literacy program that delivered workshops and coaching to more than 9,000 low-income households across British Columbia. Our participants included single parents, people in addiction recovery, and individuals experiencing homelessness. We taught practical skills: budgeting, saving, building credit, and basic investing. Participants were enthusiastic and motivated to make better financial decisions, but very few maintained lasting behavioural change.

Although disheartening for me, our results were unfortunately not unique. More than 200 studies confirm that financial education alone rarely changes long-term financial habits.

Now as a wealth advisor, I've seen that pattern continue even with educated, wealthy, and successful individuals—none of us are immune from making poor financial choices. Brilliance doesn't directly translate to a sound financial life.

Consider the multi-millionaire who still clips coupons, obsessively checks investment accounts, and panics during minor market downturns—despite having more wealth than they could ever spend. Or the entrepreneur who negotiates every contract detail to maximize profits yet buys luxury items they don't need or lets personal home renovations spiral out of control. Or the highly disciplined professional who continually rescues family members and adult children financially, even when it jeopardizes their own goals. In each of these cases, money doesn't act as a tool, it serves an emotional need.

In *It's Not About the Money*, author Brent Kessel argues that our financial behaviours are often driven by deeper emotional motives. He describes three financial personalities that illustrate this particularly well: the saver, the star, and the caretaker.

- **The Saver:** Disciplined on the surface but often operating out of a place of anxiety and fear of lack. Their internal script can sound like "something bad could happen and we'll lose everything," or "I just need a little bit more to feel safe." Their challenge isn't to practice responsibility and control, but to face the fear behind it.
- **The Star:** Longs to be seen, and therefore uses purchasing power to buy visibility, self-worth, and respect. Their inner dialogue may be, "if I look successful, people will value me," or "I need to project confidence before I can feel it." Their issue isn't the spending itself, but the need for approval that fuels it.
- **The Caretaker:** Generous, compassionate, and eager to help, yet their giving can cross healthy boundaries. They may be driven by a need to feel needed or beliefs like, "if I don't help, no one will," or "my worth comes from what I give."

Our relationship with money is as unique as we are. Different financial personalities often reveal our distinct wounds, fears, and beliefs running beneath the surface. True financial stability is rarely a matter of learning more financial rules, but about increasing self-awareness.

Before making your next financial decision, try journalling about your motivations first. Often, we make decisions so quickly, we don't have enough time to process the network of thoughts and feelings that went into them. Getting your thoughts down on paper first acts as a filter, helping you distinguish between facts and emotion. Similarly, talking to a trusted advisor, coach, counsellor, recovery group, or community can help us learn to recognize the thoughts and emotions driving our financial decisions before we act on them. That awareness creates an invaluable pause between impulse and action—giving us space to choose what aligns with our values rather than our fears. Lasting financial change doesn't come just from knowing more about money, but from knowing more about ourselves.

# Peppermint Cookies

*by S. Law*



This was a staple in my household growing up. Every year my mom and I would bake a huge batch of these cookies, and we'd pass them out as little gifts to my class before everyone went away on winter break. Needless to say, while I'm no longer in school, we've kept the tradition going, so if you're looking for a light, buttery snack to go with your hot chocolate this year; these cookies never fail.

**Ingredients**

- 1/2 cup butter
- 1 1/2 cups powdered sugar
- 2 cups flour
- 1 tbsp peppermint extract
- 1 tsp salt
- A few drops of different food colours. (We always use pink and green)

**Directions**

1. In a large bowl combine your flour, powdered sugar, peppermint extract, and salt.
2. Add the butter in chunks and then begin kneading everything together. The kneading is important as it allows everything to be mixed into a smooth dough that still holds its shape.
3. At this stage if the dough either looks too dry, or too sticky, add more butter or flour respectively.
4. Separate your dough into three or more even piles and dye each one a different colour. Typically, I leave one the original white because I like the way it looks. You only need a few drops of food colouring to get a soft pastel shade.
5. Once you have your desired colours, roll each section into a log, and then form a bigger log with your three sections. Roll them slightly so everything sticks together and the colours blend gently, then wrap in saran wrap and set in the fridge for a few hours.
6. Once everything is cooled slice your log into 1-inch-thick pieces and place on a sheet pan.
7. Bake in a 350°F oven for 8 to 12 minutes, or until they begin browning on the bottom.
8. Let them cool and enjoy with family and friends!

# Why Do the Holidays Bring Up So Much Emotion?

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



*Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.*

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

**Common Questions About Holiday Stress:**
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

**Why Can the Holidays be Emotionally Challenging?**
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

**How Can we Make the Holidays More Manageable?**
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

**Adjust Our Expectations**
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

**Set Healthy Boundaries**
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

**Make Room for Grief**
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

**Protect our Relationships**
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

**Seek Genuine Connection**
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

**We are Allowed to Have a Different Christmas This Year.**
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.


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December invites us to find hope in the darkness and warmth in the cold. As the days grow shorter and temperatures drop, many of us look forward to the traditions that bring light, comfort, and connection to our communities.

One of Calgary's most beloved winter traditions is the Lions Festival of Lights in Confederation Park. Its colourful displays are a reminder that even during the longest nights, light has a way of bringing people together. If you have the chance, I encourage you to bundle up and enjoy an evening walk through the park with family, friends, or neighbours.

This is also the season for community winter markets. Across Calgary, local craftspeople, artists, bakers, and small businesses are showcasing their work. Choosing a locally made gift supports families in our community and helps keep our neighbourhoods vibrant. Keep an eye out for markets near you and discover the talent and creativity that surround us!

At the same time, this season can be difficult for many. With more Albertans struggling to make ends meet, the need for kindness and mutual support is greater than ever. A simple phone call, a shared meal, or a check-in with someone who may be feeling isolated can make a meaningful difference.

If you are able, please consider giving your time or resources to organizations that support our neighbours. The Calgary Food Bank, Calgary Firefighters Toy Association, Centre for Newcomers' Adopt a Family Campaign, and the Women's Centre all help people through challenging times and strengthen the fabric of our community.

The holidays remind us that hope grows when it is shared. By supporting one another, we can help ensure that everyone feels seen, valued, and cared for this winter season.


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**CHARLESWOOD—MORLEY CRESCENT.....SOLD for 96% of asking price**

## ON THE MARKET

### 4824 CLARET STREET NW (CHARLESWOOD)

This substantial renovated bungalow pairs timeless curb appeal with a complete, modern style and the added benefit of a new constructed CARRIAGE HOUSE on top of the TRIPLE CAR GARAGE. The main home showcases a classic brick exterior with a charming front archway, while inside, nearly every element has been updated. A brand new triple detached garage, offering ~800 sqft of additional living space! The LEGAL suite features its own open-concept kitchen, large waterfall island with breakfast bar. This is a unique opportunity to own a turn-key renovated home with a high-quality legal suite.

Asking $1,128,000 mls# A2352888

### 611, 355 NOLANCREST HEIGHTS NW (NOLAN HILL)

Bright and beautifully finished townhome in the heart of Nolan Hill. Open concept main floor, where the kitchen takes center stage with quartz countertops, a stylish backsplash, stainless steel appliances, and an island with a breakfast bar. Upstairs, carpet underfoot leads to two generously sized bedrooms, each with its own ensuite. The single attached garage brings extra versatility with a bonus room at the back. Quick connections to Stoney Trail, Shaganappi Trail, and Sarcee Trail, downtown Calgary.

Asking $416,880 mls# A2344900

### 99 CLARENDON ROAD NW (COLLINGWOOD)

This bungalow sits on a 60 ft x 115 ft lot in Foothill Estate (Collingwood), and features a vaulted ceiling in the kitchen, dining room, and living room, creating a bright and spacious feel. The main floor offers three bedrooms and a den, including a primary bedroom with a 3-piece ensuite. The basement includes two additional bedrooms and a large family room, providing plenty of space for family and guests. A double attached garage adds convenience and extra storage. Close to all amenities.

Asking $1,090,000 mls# A2354930

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