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| Cubs Coordinator              | Andrew Waddington                                                                                                  |
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## 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.

## Triwood Skating 2026

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



Become a Triwood Member: [triwoodcommunity.com](http://triwoodcommunity.com)

Triwood Community Association



Triwood Community Association 

# President's Appeal

**Did you know Triwood is a local charity?**  
Triwood relies on community donations to help support the programs, events and spaces that make Triwood a great place to call home.

**Want to help?**  
Donate to our President's Appeal!

Make a gift online:  
[triwoodcommunity.com/donate](http://triwoodcommunity.com/donate)



Scan to donate



**55+**

## Senior's Skate

**NEW!**

**Drop-in leisure skating**  
Mondays 9am - 10am  
Sept. 14<sup>th</sup> - Dec. 14<sup>th</sup> at the Triwood Arena  
(No skate on Oct 12<sup>th</sup>, Stat Holiday)

 **Free with Triwood Membership**  
2-year memberships available at no cost

[TRIWOODCOMMUNITY.COM](http://TRIWOODCOMMUNITY.COM)



## Greeting Card Workshop Paper Quilling

**Thurs. Nov. 19, 2026 | 6:30pm** in the Collingwood Room  
**\$32/person** includes all materials

Sign up!



Kids 13+ must be accompanied by an adult  
Info online: [triwoodcommunity.com](http://triwoodcommunity.com)



## A Bloom You Can Brew

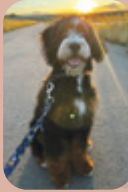
Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.

## Cats, Canines, & Critters of Calgary







Bean, Seton    Coco, New Brighton    Ember, Seton    Kato, McKenzie Lake    Max, Signal Hill    Teasha, Huntington Hills    Whiskers, Oakridge    Zeke, Seton

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

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**JT's Clubhouse & Pub, at Triwood Community Association**



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½ Price Wings  
\$5 Domestic Beers

## **Tuesdays**

\$4 Tacos  
\$6 Coronas

## **Wednesdays**

\$12 Burger & Fries  
\$6 Caesars  
\$6 Imported Beers

## **Thursdays**

\$12 Personal Pizza  
\$5 Glasses of House Wine



## **A Flower to Remember**

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel

John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



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Triwood Community  
Association



# PARENT + TOT SOCIAL GROUP

## WEDNESDAYS

**9:45AM - 11:15AM**

**SEPT 16, 2026 - MAY 26, 2027**

In 2026, No Playgroup Meetings on:

- Wed. Sept 30
- Wed. Nov 11
- Wed. Dec 23
- Wed. Dec 30

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Cocktails: 6:30pm

Music begins: 7:30pm

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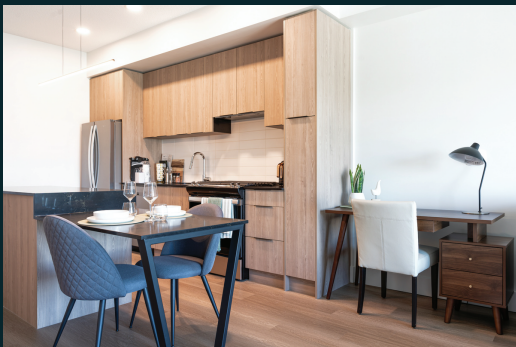
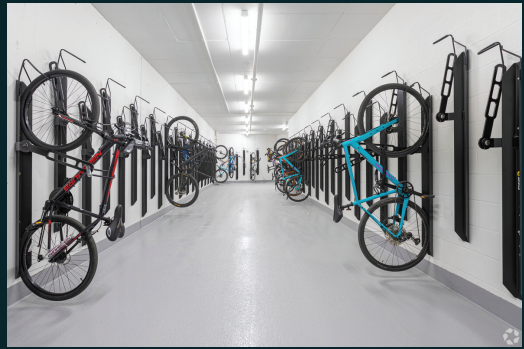


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**A Triwood Christmas**

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9am - 12pm

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# TRIWOOD CHRISTMAS MARKETS

## SAVE THE DATES!

### 2244 Chicoutimi Dr NW

Friday, November 27  
3pm - 8pm

Saturday, November 28  
10am-4pm




**A Triwood Christmas**

## LETTERS TO SANTA!

FILL YOURS OUT  
& DROP IT OFF IN THE  
SANTA LETTER BOX!

Triwood Reception Area  
Nov. 16th - Dec. 1st





**A Triwood Christmas**

## FREE Sleigh Rides!

Friday, November 27  
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Pick-up near JT's Pub

During the Triwood Christmas Market



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# WINTER IS COMING

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# After Divorce: Who Pays for University

by Christopher Bungay, Divorce Lawyer



In Alberta, someone who is 18 years old is normally considered to be an adult. An 18-year-old can vote, buy real estate in their own personal name, and make their own personal medical choices. However, if an 18-year-old is pursuing post high-school education, he or she may also qualify as an “adult dependent child.” What does this mean?

An “adult dependent child” is an adult who, based on their personal life circumstances, must continue to rely upon their parents for financial support. This does not include a child who can function well and just chooses to stay home and do nothing. However, it does include the following:

- A young adult who attends post-secondary education immediately after high school, and
- Who cannot pay for their own education without the financial support of their parents.

Many parents believe (mistakenly) that if they are separated or divorced before a child is 18, they are no longer required to pay for the child’s future education. This belief is often incorrect. Even after a divorce, many parents will have ongoing obligation to support adult dependent children who attend university (or some other post-high school training program). Whether a parent must pay, and how much, often depends upon a) how much a parent earns, and b) how much the adult child can reasonably be expected to fund on their own.

For example, if one of the parents earns a substantial income, it is very likely this high-earning parent will be required to assist their child financially with post-secondary education. While there are kids who can go

to university on a full scholarship, most adult children cannot attend university or college without some help from their parents. In cases where an adult child/student clearly needs financial help, parents will often have a legal obligation to assist with paying for education. In many cases, this will apply even if the parents were divorced or separated prior to the time the adult child started university/college.

This does not mean that adult children have no responsibility to pay their own way. The law recognizes that adult children must make some effort to fund their own education and training. For example, if an adult child has a summer job during university break, they would be expected to try and use their earnings to help cover some of their tuition costs. Further, if Mom and Dad have very low earnings, it would be reasonable to expect their child to apply for student loans to help fund post-secondary costs.

In some cases, a parent will be required to help fund education even if their child did not live with them prior to university. Let’s say a couple separated in July 2025, shortly before their child entered grade 12 in September 2025. For the grade 12 year, the child decided to live with Mom, while Dad lived in his own residence alone. In this case, Dad earned a high-income and Mom’s earnings were very low. If this adult child went to university in September 2026 (after high school graduation) it is very likely Dad would still be required to help pay university costs, even though the child did not live with Dad in the prior year.

# Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

### What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

*"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."*

*"I see this differently, but I want to understand your perspective."*

*"I don't agree with you, but I can understand why you feel that way."*

*"I didn't handle that well. I'm sorry."*

*"Let's figure out what we can do differently next time."*

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

### Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

### **What children shouldn't have to witness**

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

### **Your children don't need to see a perfect relationship**

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.



*by Anne Burke*

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Aramant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: [www.newcomerkentuckiana.com/obituaries/robert-aramant](http://www.newcomerkentuckiana.com/obituaries/robert-aramant).



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Remembrance Day is a time to pause, reflect, and honour those who served Canada in times of war. Many of those who served were barely older than today's high school students. They carried hopes for the future yet found themselves facing the horrors of conflict. Their sacrifices were immense, and the loss of so many young lives remains one of the great tragedies of our history. We owe them our gratitude, our respect, and our commitment to remembering their stories.

Yet Remembrance Day is not only about looking back. It is also about looking forward. Remembering the cost of war should strengthen our desire for peace. Every life lost in conflict is a reminder that violence leaves deep scars on families, communities, and nations. The most meaningful way to honour those who suffered is to work towards a world where such sacrifices are needed less often.

Peace is not something that appears on its own. It is built through patience, cooperation, understanding, and respect. It requires people to listen to one another, resolve disagreements without hatred, and choose dialogue over division. These efforts can be difficult, but they are essential.

As we bow our heads on Remembrance Day, let us remember the fallen with reverence and gratitude. Let us also recognize our responsibility to carry their legacy forward. By building stronger communities, fostering mutual respect, and working together for a more prosperous future, we honour their memory in the most lasting way possible: by choosing peace and striving, every day, to make it endure.

This Remembrance Day, I invite you to join me at Chapelhow Legion #284 to recognize and remember our veterans.

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WAI**



## Top #5 Team in the Year of 2025

**SOLD! SOLD! SOLD!**

**EDGEMONT—EDENWOLD HEIGHTS.....SOLD for 91% of asking price**

### ON THE MARKET

#### 4824 CLARET STREET NW (CHARLESWOOD)

This fully 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

#### 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

#### CAMBRIAN HEIGHTS—CUMBERLAND DRIVE

A rare opportunity to own a tenanted 4-plex in one of Calgary's most established inner-city communities. The building holds four self-contained units. Two of the four units have already been renovated, giving a new owner immediate rental appeal in half the building while leaving room to add value by updating the remaining two on your own timeline. Key capital items have been well maintained. Each unit has their own hot water tanks and high-efficiency furnaces replaced within the last three to five years. This property offers a strong combination of location, condition, and upside. Properties like this with good bones, good tenants, and a genuinely quiet inner-city address, tend to become the kind of asset families hold onto and pass down.

Asking \$1,050,000 mls# A2342421

#### BRENTWOOD—BULYEA CRESCENT

This bungalow situation on a private corner lot, surrounded by greenery on a quiet street. The living room, dining room, and bedrooms all have hardwood flooring underneath the carpet, a detail that matters to buyers planning updates rather than starting from scratch. The kitchen has its own side door leading straight out to the private backyard. The basement is developed with a large family room and wet bar. Location is where this property shines! It's a walk to four schools. This property also presents itself as a renovation opportunity.

Asking \$603,900 mls# A2341563

#### BRENTWOOD—MORLEY CRESCENT

Bungalow Living, Steps from the University, shops, LRT station and Nose Hill Park — Charleswood Tucked into one of Charleswood's quietest streets, this bungalow faces directly onto a green space and offers over 1,270 sq ft of freshly painted living space on the main floor alone. Three bedrooms and a 4-piece bathroom complete the main floor, along with a sunroom that opens onto a private treed patio with a gently sloped backyard. Just minutes from the U of C, Nose Hill Park, Confederation Park, Market Mall, Foothills Medical Centre, and the Alberta Children's Hospital are all close by.

Asking \$889,900 mls# A2344603

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**and Start Packing!**

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**201 - 4600 Crowchild Trail NW  
Calgary AB T3A 2L6**

**Email: dannywai678@gmail.com  
www.dannywai.com**