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THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER





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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. 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.

JULY

Jul 10: Stampede BBQ - Doors open 11:30, Lunch served at 12:15, Entertainment at 1:30.

Randy Poirier Sponsored by Chartwell Cost is \$15.00M \$25.00NM

Jul 16: Games Day & Ice Cream Social - 12:00-2:30. Lunch and icecream is included \$14.00

Jul 22 - (10:00-12:00) Conversation Cafe - Topics around Dementia

Jul 23: Outdoor Games Day on the Patio \$15.00m \$25.00NM

AUGUST

Aug 19 - (10:00-12:00) Conversation Cafe - Topics around Dementia

Aug 20: Games Day & Ice Cream Social - 12:00-2:30. Lunch and ice cream is included \$14.00

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

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

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What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: "Don't speak to me like that," or "You can't come over without asking first." But in truth, boundaries aren't rules for others—they're rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we've drawn.

"A boundary means you are responsible for what's in your yard, which would be your thoughts, your feelings, your actions, and your opinions," explains Dana Skaggs, therapist. "And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions." In other words, you tend your own garden—and you don't try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don't get to control others. We can't force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we'll respond when someone acts in ways that don't feel good to us.

That's where the real work of boundaries begins. As therapist Laura Vladimirova puts it: "There's no boundary without internal consequence." It's not enough to say, "I don't want you to come over unannounced anymore." The assumption might be that the person will simply comply. But what if they don't? That's when the boundary is tested—not when it's spoken, but when it's ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we're willing to take when it's crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren't respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren't respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: "Put your shoes on before going outside." But children test rules—that's what they do. The real boundary isn't whether the child follows the rule, but how the parent responds when they don't. Do you put the shoes on for them if they don't? That's the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. "Sometimes, with boundaries, we think the most severe consequence is what's always needed," says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we'd be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that's needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren't about changing other people. They're about protecting our own well-being and honouring our own limits, even when others don't. And that's where true empowerment lies.









by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for longterm conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.

TWC Directory

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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.

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PICKLEBALL DROP-IN AT TRIWOOD

\$4

PER PLAYER TUES & THURS

(A) 10AM - 1PM

SAVE YOUR SPOT ONLINE



3 courts | Bring your own racquet and ball | Check in at the office upon arrival | Children must be accompanied by an adult | For more info: programs@triwoodcommunity.com

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

CHARLESWOOL



COLLINGWOOD





You are invited to

RUBEN'S VEGGIES AT TRIWOOD LAUNCH PARTY!

Thursday July 17th | 5pm - 7pm Triwood Upper Parking Lot

This summer, Ruben's Veggies is launching a self-serve, semi-permanent vegetable stand at Triwood!

Celebrate this new partnership and local, healthy communities.



RUBEN'S VEGGIES



Short speeches at 5:30pm Outdoor patio & live music Free to attend! All welcome



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Good Food Box

Summer 2025

Order a box of fresh, subsidized produce monthly and pick-up your Good Food Box at Triwood Community Association.

Small \$30, Medium \$35, or Large \$40 box

order Before
July 21st

PICK UP ON July 30th

ORDER BEFORE
August 18th

PICK UP ON August 27th

More info: triwoodcommunity.com/good-food-box or phone 403-282-2677 ext. 103



Community Cleanup

Sunday, August 24 2025 | 9am-Ipm

Triwood CA Parking Lot | Free service

What's a Community Clean Up? A chance to declutter your home! Get rid of your hard-to-dispose-of items at once.

Who's coming to community clean up?

- General Waste/Compost
- Metal Reycling
- Electronic Recycling
- Cerebral Palsy Alberta Donations
- Buy Nothing Item Swapping
- Bottle Drive by local Scouts



Seeking volunteers! Email marketing@triwoodcommunity.com if you're able to pitch in.

Items not accepted

- Liquids of any kind (Gas, Paint or Chemical)
- Mattresses
- Household batteries
- Large appliances (stoves, dishwashers, washers, dryers)
- Compressed cylinders (propane tanks or fire extinguishers)
- Hazardous waste
- Anything with Freon (AC units, water coolers or fridges)
- Fluorescent light fixtures or bulbs
- Thermostats
- Smoke detectors
- Glass of any kind
- Media VHS tapes, DVD's or CD's
- Rechargeable Batteries loose
- Ink and Toner loose



MLA Calgary - Klein Lizette Tejada

#232-A - 3630 Brentwood Rd NW

403-216-5430

Calgary.Klein@assembly.ab.ca

Happy July!

It's wonderful to be back in Calgary full-time, taking in the joy of community events and the sunshine! I'm looking forward to connecting with all of you in all three quadrants of Calgary-Klein. Keep an eye on my social media for events happening all summer.

Neighbour Day celebrations are always so meaningful as I remember the challenges of the 2013 floods and how Albertans took care of one another. A heartfelt thank you to everyone who hosts, volunteers, and attends the events across our lovely constituency. Your service to community is an example to us all. This year Neighbour Day fell on the same day as Indigenous Peoples Day, one day out of many that I reflect on the importance of our role as Treaty People and how to honour that.

Summer is also AGM season and a time when community associations share their work over the previous year. I'm grateful for your local advocacy, information, and passion. I learn so much from all of you and am honoured to be welcomed to your discussions. Please reach out if your community association or organization needs help with navigating grants or letters of support. Our office is here to help!

I look forward to seeing you at Stampede pancake breakfasts and barbecues. Please do say hello! If you're organizing an event and would like me to attend or support you in any way – please reach out to our office

In the meantime, I will continue advocating for resources in our communities, classrooms, access to public healthcare when we need it, affordability issues, and all the things we hold dear as Albertans and Canadians! And if you're reading this after July 1 - I hope you had a wonderful Canada Day.

As always, my constituency office is here to help whether you're navigating provincial programs, looking for resources, or simply have a question.





BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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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.

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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 \$689,900 mls# A2210955



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 \$1,349,000 mls# A2217124



179 SCENIC HILL CLOSE (SCENIC

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

Prime corner lot in Scenic Acres, perfect family

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 quests or a

Asking \$779,000 mls# A2219121



BEDDINGTON HEIGHTS—BERMUDA

End-unit townhouse in the complex of Spicewood in Beddington Heights. Excellent location—this unit backs onto the playground and is beside the green space! Highlights of this lovely unit include more than 1,630 sq.ft. of living space, 3 bedrooms and 1.5 bathrooms. The developed basement

has a large family room for social gatherings and a good -sized storage area in the laundry room. This unit comes with 1 assigned parking stall. Conveniently located to hop onto Deerfoot Trail, 14 Street (north-south access) as well as Country Hills Blvd (west-east access).

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