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Fax: 403.282.7031

triwoodca@shaw.ca | www.triwoodcommunity.com

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A MESSAGE FROM THE EXECUTIVE DIRECTOR



Summer is upon us, I am sure many people are starting to plan their summer holidays. Don't forget Triwood Community Association has plenty of events and programs to entertain everybody.

Firstly, don't forget about the Triwood Farmers market every Tuesday from 3:00pm – 7:00pm get all of your fruit and vegetables and specialty foods at our Market. It is important that the residents of the community support the market as we want it to be beneficial for our vendors.

Pub night will take place every Thursday from 5pm – Midnight in JT's Lounge. We will be serving reasonably priced alcoholic drinks along with some nice appetizer selections. It is a great way to socialize with your neighbours.

As promised to the community, we are continuing with discussion with the city of Calgary regards the Bike lanes on Northmount drive we have heard from many residents of Triwood and will continue to be your voice regarding this sensitive issue.

Regards – Ricki Lundy



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Upcoming Events at Triwood

Yoga Exposure

DROP IN OPTION - \$12
Thursdays: 6-7pm (6 weeks)
Next session – June 30th – Aug 18th 2016

Hatha Yoga

DROP IN OPTION - \$12
Thursdays: 7:15-8:30pm (6 weeks)
Next session – July 11th – Sept 12th

Stampede Breakfast – Saturday July 9th 2016 – 9:00am – 12 Noon
Come join as Triwood for our annual Stampede Breakfast. Lots of entertainment for the family.

Vintage Car Show – Saturday July 9th 2016 – 9:00am – 12 Noon
Taking place in the Triwood Parking Lot.

Farmer's Market

Every Tuesday 3:00pm – 7:00pm
Triwood Parking Lot
Come on by and check out all the wonderful produce for sale.

Halloween Haunted House

October 31st – Collingwood Hall
More information available online

Annual Community Christmas Party

December 17th 2016
7:00pm – Midnight
More Information available online

Check out our website for more information on programs and events.



**TRIWOOD
COMMUNITY
ASSOCIATION**

**2016
DIRECTORY**

The Heart
of the Community

Executive		Triwood Staff	
President	<i>Toni Pilkey</i>	Executive Director	<i>Rick Lundy</i>
Vice President	<i>Mark Whiteman</i>	Events Coordinator	<i>Lynsey Farrell</i>
Treasurer	<i>Jim Pilling</i>	Accountant	<i>Randy Dalgleish</i>
		Building Maintenance	<i>Robert Catton</i>
		Programs/Events Coordinator	<i>Lynsey Farrell</i>
Directors		Arena Manager	<i>Dave Hurrion</i>
Community Relations	<i>Sandra Rhead</i>	Sports Registrar	<i>Lynsey Farrell</i>
Members at Large			
Member at Large	<i>Jim Heck</i>		
Member at Large	<i>David Fong</i>		
Member at Large	<i>Mark Whiteman</i>		
Member at Large	<i>Chris Cole</i>		
OFFICE HOURS			
		Monday-Thursday 9:00 am – 4:00pm Friday 9:00am – 3:00pm Closed Saturday and Sunday	
Committee Representatives			
Soccer	<i>Carrie Killam</i>	Nose Hill Park (Community)	<i>Deborah Sanderson</i>
Planning Committee	<i>Joel Mayer</i>	Performance Arts	<i>Jim Heck</i>
Squirts Hockey	<i>Nelson Van Waes</i>	Grey Eagle Bingo Coordinator	<i>Jade Westlake</i>
Westwood Hockey	<i>Christine Lilge</i>	Police Liason Officer	<i>John Kastomonitis</i>
Ringette (Sports)	<i>Lauri Scotvold</i>	City Parks and Rec	<i>Virginia Clark</i>
Scouts (Programs)	<i>David Fong</i>		
	<i>Mark Whiteman</i>		
Cubs/Beavers (Programs)	<i>Margaret Porter</i>		

TRIWOOD HALL SCHEDULE 2016

Hall (and arena) at 2244 Chicoutimi Dr. NW
Phone 403-282-2677 - Office
Triwood Halls available to rent. Check website for availability.
www.triwoodcommunity.com



Location in Main Building	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Charleswood	Zumba Fitness 6:45pm - 7:45pm		Zumba Fitness 9:30am - 10:30am Zumba Fitness 6:45pm - 7:45pm	Kids Kartate 5pm - 6pm			
Collingwood	Hatha Yoga 7:15pm - 8:30pm	Cubs 6-8:30pm	Scouts 6:30pm - 9pm	Yoga Exposure 6-7pm			
Upstairs Annex (Meeting Room)		Beavers 6-8:30pm					
Adventurers Room	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm	School Age Care 6 am - 6 pm		
Foothills	Triliters Tai Chi 10-11am Karate 6-8pm	Foxy 6-8:30pm	Triliters Tai Chi 10-11am Foxy 6:30-7:30pm	Painters 9:30am-3pm Foxy 6-8:30pm	Karate 6-8pm		
JT's	Triliters 10am-12pm Book Club 1-4pm (1st Monday of month)	Triwoodsmen 1-4pm Lion's Club 7-10pm (2nd & 4th Tues of month) 7-10pm (2nd & 4th Tues of month)	Triliters 10am-12pm	Triliters 1-4pm			

TRIWOOD HALL RENTERS

ACTIVITY	CONTACT	EMAIL	PHONE
Adventurers School Age Care	Diane McKean	adveninc@shaw.ca	403-284-5457
Foxy Kickboxing	Jessica Sparrow	jessica@foxykickboxing.ca	
Karate	Ken Noda	masternoda@mac.com	403-804-6789
Zumba Fitness	Michelle Neufeldt	fitforchange@shaw.ca	403-804-6951
Yoga	Lynsey Farrell	triwoodpc@shaw.ca	403-282-2677
Scouts	David Fong	www.fourthtriwood.com	
Cubs / Beavers	Margaret		
Lions Club	Margaret Young	youngmargaret@shaw.ca	

Triwood Community Association Presents

Stampede Breakfast



Pancakes Live Music
Vintage Car Show
Line Dancers Kids Entertainment

Saturday July 9th

9:00am - 12 Noon

Charleswood Hall

Volunteers Needed



PosterMyWall.com

**Newsletter
Submission
DEADLINE**

15th

**of each month
for the next
month's issue**

Please have your submissions in on time to ensure publication in the next month's issue. You can fax, mail or drop off your material at the Triwood Community Association office during office hours, or email: [to triwoodca@shaw.ca](mailto:triwoodca@shaw.ca)



Dr. Christine Lilje Dr. Lauren Vredenburg Dr. Jennifer Maguire

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**Triwood Community Association
MEMBERSHIP**

(Charleswood, Collingwood and Foothill Estates)

Please support your Community Association by purchasing a membership!

TYPES OF MEMBERSHIP

Triwood Residents (must reside within the boundaries of Triwood):

- **General Membership:** Family/Individual – Includes sports registration and voting privileges - \$30
- **Senior Membership:** Individuals over 65 yrs – Includes voting privileges but no sports registration - \$10

Non-Triwood Residents:

Associate Membership: Family/Individual – Includes sports registration but no voting privileges - \$30

Senior Associate Membership: Individuals over 65 yrs – No sports registration and no voting privileges - \$10

Note: Our membership year runs from September 1st – August 31st

To purchase a membership, please visit the Triwood Community Association office or visit our website at www.triwoodcommunity.com. We are open Mon – Thurs from 9:00 a.m. – 4:00 p.m. and Fridays from 9:00 am to 3:00 pm.

We are located at 2244 Chicoutimi Drive NW.

Stay connected with Triwood!

Like us on Facebook

TRIWOOD COMMUNITY ASSOCIATION

Follow us on Twitter

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Check out our website

www.triwoodcommunity.com

Fill out our survey!

<http://www.surveymonkey.com/s/DFH8JQR>

Triwood SUMMER Camps

<p>All Sorts of Sports Aug 15th - Aug 19th 9:00am - 2:00pm</p>	<p>Kids in the Kitchen July 4th - July 8th July 11th - July 15th 9:00am - 2:00pm</p>	<p>Survivor Camp Aug 8th - Aug 12th 9:00am - 2:00pm</p>
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www.triwoodcommunity.com
Contact Lynsey for more info. 403-282-2677

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Volunteers Needed at Triwood Community Association

- Are you in high school looking to complete community service hours?
- Are you in college or university hoping to add experience to your resume?
- Are you an adult looking to get involved within your community?
- Are you a senior searching for something fun and rewarding to do in your spare time?

Volunteering is a gratifying experience at any age! If you answered yes to any of these, then the Triwood Community Association has the perfect opportunity for you. We are currently looking for volunteers to assist with upcoming community programs and events. Volunteers will lend a hand with a wide variety of recreation programs and special events, and will have a chance to work with people of all ages. This is a great way to meet new people, get involved in your community, and have some fun!

Volunteers must be at least 13 years of age. If you are over the age of 18 we will require a Security Clearance check (free for volunteers).

Please contact Lynsey TODAY to join our volunteer team! She'd love to hear from you: triwoodpc@shaw.ca or 403-282-2677

Thank you!

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Triwood Pub Night

JULY 7th

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I am pleased to let you know that my office has moved to 2020 10th Street NW in order to serve you better.

Along with my staff, I am pleased to offer you information and assistance when dealing with the federal government. While many of the requests are for general information and guidance on services, we also do assist with those having difficulties receiving their services from the federal government.

The departments and programs we most often assist with include the Canada Revenue Agency, Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), Passport Canada, Employment Insurance (EI), Citizenship and Immigration and Veterans Affairs.

We can also help direct you to information or services if you are not sure where to access them directly. This may include information on joining the Canadian Armed Forces, applying for benefits or notifying the government of a death.

Along with information on government services, we are able to provide information on Canada and Parliament and can help arrange a tour of Parliament on your next visit to Ottawa.

When someone celebrates a special anniversary, a milestone birthday, a special achievement, we can also assist in arranging congratulatory messages from Her Majesty the Queen, the Governor General, and the Prime Minister. It can take eight weeks or more to process these requests, so please plan ahead for your special occasion.

It is requested that you make an appointment before coming to the office with your concerns as this allows us to serve you better and ensure you are not required to wait an excessive amount of time. Often, we are able to assist you over the telephone without the need for an appointment too.

For office contact information, photographs, my Parliamentary speeches, helpful links and other important information, please visit my website at www.lenwebber.ca on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

I would like to extend my sincere appreciation to the constituents of Calgary Confederation for your overwhelming support to the people of Fort McMurray. I am aware of the countless volunteer hours so freely given, together with endless contributions of clothing, toys, bedding, books, food, household items and accommodation. It is through this strength of giving to each other that makes our community strong. Thank You.

Finally, I look forward to seeing many of you, and your families, at a pancake breakfast during Stampede.



**TRIWOOD
TRI-LIGHTERS
50+ SENIOR LADIES'
GROUP**

Senior Ladies, we meet every Monday and Wednesday mornings for Tai Chi at 10:00am. Thursday afternoon we have a small but friendly group that meets at 1:30 pm for conversation, cards and refreshments.

For more information please call Betsy 403-289-9082 or Joyce 403-289-6972.

TRIWOODSMEN



**SENIOR MEN'S
SOCIAL CLUB**

Jack is back!! That's right. Jack Thomson of the Triwood Triwoodsmen is back from open heart surgery and is looking for more new and "used" members. Now is the time to join and renew as Jack is refreshed and hot to trot looking forward to a lot of activities this summer.

If you are not aware, the Triwood Triwoodsmen are a senior men's group who meet every Tuesday between 1pm and 4pm. We have a short "get up to date" then move on to playing pool, a dime game, shuffle board, and cards. For those so inclined, we also just sit around and shoot the breeze while solving any and all problems of the world.

Four times a year we get together with our wives, girlfriends and the ladies from the Triwood Tri-lighters for a dinner at Halloween, Christmas, Valentine's day and Easter. From what we have been told everyone has a good time and they look forward to the next get together.

For more information, please contact:
Jack Thompson – 403-282-3595
Bert Lamb – 403- 282-1987



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**Triwood's
Farmer Market**



All Vendors Welcome

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Friends,

Spring session was jam packed with many major pieces of legislation adopted, as well as special focus on the devastating wildfires in the Fort McMurray region. In meeting with constituents and community organizations recently, it was affirming to know just how many of our community members volunteered or donated in support of families from up north. Albertans are truly resilient in challenging times.

In May, I was able to visit the U of C reception centre for Fort Mac evacuees. Endless thanks to everyone who worked so hard to welcome our fellow Albertans to our constituency of Calgary-Varsity.

In tough times Albertans get each other's backs. During spring session, I was proud to introduce a bill to combat predatory lending. It puts an end to exorbitant 600% annual interest rates, so that a loan taken out in a time of need doesn't lead to a vicious cycle of debt. In these tough economic times, Albertans deserve to be protected from predatory lending practices, and have access to fair credit when they need it. That's why I am proud to report that Alberta will have the lowest borrowing rate in the country, along with longer payback periods and instalment payments. We are also actively promoting better alternatives through our credit union and community partners including Momentum and First Calgary Financial.

During my time in the community this session, I had the chance to speak at the Sir Winston Churchill graduation. It was moving to see the over 600 graduates in cap and gown. Congratulations to all 2016 grads of Varsity!

Our office also had the opportunity to host a Seniors' Tea in early June in celebration of Seniors Week. Thanks to everyone who joined us. It was my sincerest pleasure to host everyone in our office. I always learn so much when visiting with the seniors in our community.

With summer now in full swing, and Stampede just about to kick off, I am looking forward to connecting

with residents of our great neighbourhoods. Please join Premier Rachel Notely, on Monday July 11th between 7am -9am for the Premier's Stampede Breakfast. It will take place at the McDougall Centre, 455- 6th Ave SW. I will be flipping pancakes, or serving food. Be sure to come by, join us for breakfast, and Premier's Stampede hospitality! In that Stampede spirit, the very next day July 12th, the Triwood Community Association will be hosting their famous annual Stampede Breakfast. If you have been before, you know it is not one to miss. The breakfast runs between 7am and 9am at 2244 Chincoutimi Drive NW.

Our office serves the people of Calgary-Varsity. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. Please visit us in our office, and let us know how we can help you.

JULY MOON CALENDAR



New Moon July 4
First Quarter July 12
Full Moon July 19
Last Quarter July 26

**Hot Trend
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Culture and sport contribute to a diverse economy

One of the goals described in the Government of Alberta's Budget 2016 was to lay a foundation for a more resilient, more diversified and more prosperous economy. Through thoughtful planning, prudent spending and measured budget reductions, we are continuing to move Alberta forward.

This spring, Canadian Heritage and Statistics Canada released a series of economic data that showed the impact that culture and sport has on our economy. This data provides information on a range of culture indicators such as GDP and jobs across Canada and, for the first time, presents information from 2010 to 2014. What the data showed was that Alberta's culture is everywhere, and it is a significant contributor to our economy and jobs.

Culture and sport contributed \$6.4 billion to Alberta's GDP in 2014, the fourth highest amount among the provinces and territories. This contribution to Alberta's economy was larger than that of the accommodation and food services industries, utilities, or agriculture, forestry, fishing and hunting industries. Culture jobs in Alberta reached 55,518 jobs in 2014, an increase of 1.5 per cent since 2010. Sport jobs, on the other hand, grew at nearly three times the national average, reaching 11,847.

Alberta's culture and sport industries continue to grow at an impressive rate: From 2010 to 2014, culture and sport GDP in Alberta increased by 22.3 per cent, from \$5.3 billion to \$6.4 billion. After Manitoba and Saskatchewan, this was third highest growth displayed in Canada, and higher than the Canadian average of 15.5 per cent.

Our culture and sport sectors contribute to the cultural, social and economic well-being of communities across the province and we will continue to work with our partners to develop and showcase our resources for the benefit of Alberta's families, communities, visitors, and investors.

Culture has had a big impact on our lives, and these numbers prove it. Not only does culture help drive the creativity that is essential to innovation, it also contributes billions of dollars and thousands of jobs to Alberta.



COUNCILLOR, WARD 7 DRUH FARRELL

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Council Approves Pedestrian Strategy

On average, one pedestrian is injured in a collision each day in Calgary. Many more injuries occur in parking lots and often go unreported. The financial cost to society from pedestrian deaths and injuries, estimated at \$120 million per year for Calgary alone, is staggering. The impact to individuals and families left to cope with the recovery, and sometimes a lifetime of disabilities, is immeasurable.

These financial, social, and emotional costs were driving factors behind City Council's decision to unanimously support STEP FORWARD, our new pedestrian strategy and safety action plan. I have been striving to make Calgary a better place to walk for many years and I am extremely proud of this work. The strategy also goes beyond safety to encourage more Calgarians to walk more often by making it easy, accessible, and enjoyable.

We focused the plan into four areas with a list of 50 actions for short, medium, and long term improvements:

Safety - reduce collisions and increase the feeling of personal safety.

Plan and Design - remove barriers to walking by improving connections and the walking experience for people of all ages and abilities.

Operate and Maintain - manage sidewalks as public spaces and seasonally maintain and repair infrastructure.

Educate and Encourage - remind citizens about shared responsibilities for road safety and encourage walking for improved health, recreation, and commuting.

Speed is a crucial factor in the severity and survival rate of any collision, especially ones involving those walking and cycling. Lower speeds save lives. From Toronto to Boston to Edinburgh, cities around the world are reducing speed limits on residential streets for the sake of safety. Closer to home, Airdrie introduced 30 km/h on all residential streets in the 1980s. Unfortunately, the

recommendation to reduce speed limits on residential streets in Calgary was not supported by Council at this time.

Every Calgarian is a pedestrian. A pedestrian is someone walking (or rolling in a wheelchair) to school, from one business meeting to another, to catch the train or bus, or for an evening stroll. Ward 7 boasts a higher proportion of people who walk than most other areas of Calgary, partly due to its nearness to downtown, but also because of its walkable neighbourhoods, shopping streets, river pathways, and access to schools and transit. The importance of walking to Ward 7 residents is one of the many reasons that I championed STEP FORWARD, as well as other initiatives that support active travel. As we implement this plan over the next decade, you will see Calgary become a safer, more walkable, and more enjoyable city.

To learn more about this and other topics, visit druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.

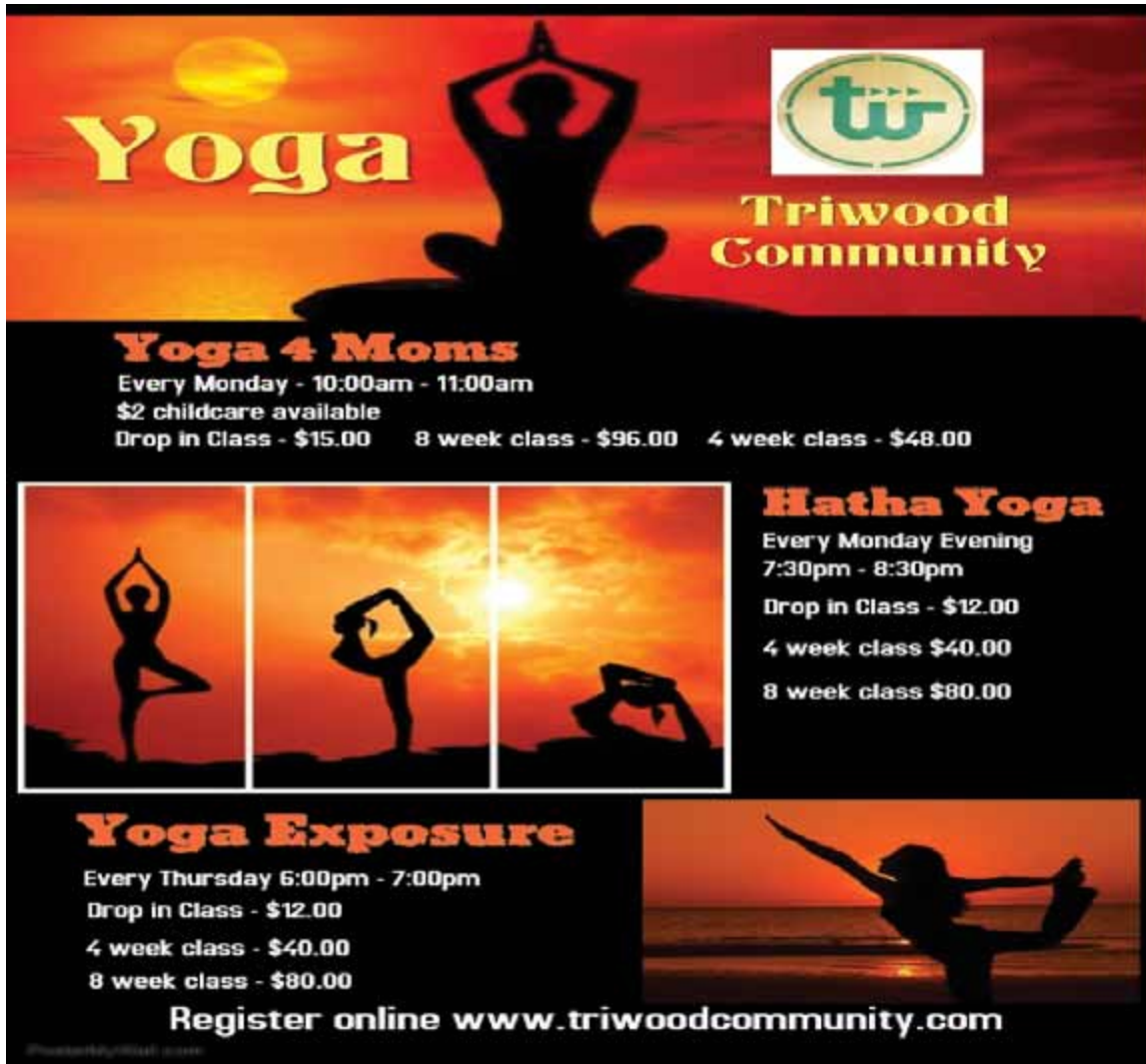
Triwood mybabysitterlist

Name	Age	Contact	Course
Hanna	13	587-580-5733	Yes
Michael	14	403-801-2848	No
Miya	14	403-276-1712	Yes
Alissa	15	587-439-7592	Yes
Miriam	15	403-774-8880	No
Juliette	16	587-999-0783	Yes
Ruby	18	403-289-3232	No
Naomi	19	403-903-6793	Yes
Maia	21	403-804-7834	Yes

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 Drop in Class - \$12.00
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HAMPTONS – HAMPSHIRE COURT.....SOLD for 98.4% of Asking price in 37 days
DOWNTOWN WEST END – 10 STREET....SOLD for 94.2% of Asking price in 33 days

ON THE MARKET

3943 BROOKLYN CRESCENT NW (BRENTWOOD)

Bungalow with over 1,040 sq.ft. Total of 4 bedrooms.
2 full baths. Close to all amenities. Asking \$499,900

223 ARBOUR RIDGE WAY (ARBOUR LAKE)

Bi-level home in Arbour Lake with over 1,300 sq.ft.
Total of 6 bedrooms, Singles (2013, window (2015)
Asking \$479,900

3227 BREEN ROAD NW (BRENTWOOD)

Bi-Level with over 1,075 sq.ft. Total of 3 bedrooms,
2 bathrooms. Freshly painted interior. Upgraded
Kitchen. Double detached garage. Asking \$529,900

202, 3103 BLAKISTON DRIVE (BRENTWOOD)

Excellent location, short walk to Brentwood LRT station.
Lowrise apartment with 2 bedrooms, large balcony.
One assigned parking stall. Asking \$269,500

1716 – 20 AVENUE NW (CAPITOL HILL)

RC-2, (lot size 50 ft x 120 ft) 4 bedrooms.
Upgraded kitchen cabinets, bathroom....
D.D.garage + 2 RV parking. Asking \$549,900

511, 1540 – 29 STREET NW (ST ANDREW HEIGHTS)

Three bedrooms townhouse. Just one block from the
U of C Medical School. Recently renovated...flooring,
bathroom and window. Asking \$323,800

4928 BRISEBOIS DRIVE NW (CHARLESWOOD)

Bungalow with over 1,280 sq.ft. South facing.
5 bedrooms. 2.5 bathrooms. Hardwood floors in living,
dining rooms & 3 bedrooms. .Asking \$489,800

4624 BROCKINGTON ROAD NW (BRENTWOOD)

Renovated bungalow. Total of 4 bedrooms.
2.5 bathrooms. Upgraded kitchen, floorin.....
D.D.garage +RV parking. Asking \$579,000

5674 BRENNER CRESCENT NW (BRENTWOOD)

Bi-Level, 1,300 sq.ft. Total of 4 bedrooms, 2 full
Bathrooms. Gleaming hardwood floors throughout.
Double attached garage. Asking \$499,000

4211 BRISEBOIS DRIVE NW (BRENTWOOD)

Bungalow with over 1,250 sq.ft. 4 bdms.2 baths.
Double detached garage & Single carport. Tons
of renovation in 2007 & 2014 Asking \$544,900

202D 5601 DALTON DRIVE (DALHOUSIE)

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