

OCTOBER 2016

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# **tw** TRIWOOD trumpet

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## Triwood Community Association

2244 Chicoutimi Dr. NW

Calgary, AB – T2L 0W1

Phone: 403.282.2677

Fax: 403.282.7031

[triwoodca@shaw.ca](mailto:triwoodca@shaw.ca) | [www.triwoodcommunity.com](http://www.triwoodcommunity.com)

# CONTENTS

A Message from the Executive Director 4

AGM 7

Halloween Monster Mash Party! 11

Halloween Haunted House 12

Your Community Business of the Month 13

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# Upcoming Events at Triwood

## 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.



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\*All tri-wood residents receive the friendly neighbourhood 10% discount.

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# Christmas Lights Installation

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## A MESSAGE FROM THE EXECUTIVE DIRECTOR



The kids are back in school and we would like to encourage the residents of Triwood to pay close attention to school and playground zones. We want to keep our children and pedestrians safe.

The President and I have met with the City, where we have had some good conversations regarding the proposed bike lanes on Northmount Drive. The City will be attending our next Board meeting to discuss their plans with the Triwood Board. They will also be attending our AGM on October 28<sup>th</sup> at 7pm at Triwood to discuss where they are with their proposal and to give the residents of Triwood the most current update. Therefore, it is important that we have a good showing to our AGM, as it is a great means for you to express your thoughts on their plan.

Pub night has been a huge success. Since it started in July, it has become very busy and it is full most weeks. The steak sandwich special is \$7.50 and the response has been very positive. If you have not yet come down to experience pub night, it is every Thursday from 5pm-9pm.

The farmers market is now done and we want to thank all the residents of Triwood who supported it. The vendors were really happy and we will continue with this for next year. We plan to bring more vendors to the market to increase the variety of goods and services.

I know that it is only September, but we are soon coming into the Christmas season. We will be holding our second annual Member Christmas dinner at Triwood on December 17<sup>th</sup>. There is no cost to Triwood Members, so call the office to book your spot. Dinner will be turkey with all the trimmings and Santa will be coming in from the North Pole to attend this festive event. Kids are welcome to attend, as this is a family event.

We are planning Canada's 150<sup>th</sup> Birthday Party celebration next summer at Triwood. We will keep you posted throughout the year what this party is going look like. Keep reading the trumpet for more information.

Rick Lundy  
Executive Director



**TRIWOOD  
COMMUNITY  
ASSOCIATION**

**2016  
DIRECTORY**

The Heart  
of the Community


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

# 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](http://www.triwoodcommunity.com)

Location in Main Building	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Charleswood	Yoga for Moms 10am-11am Zumba Fitness 6:45pm - 7:45pm	Zumba Fitness 9:30am - 10:30am	Zumba Fitness 9:30am - 10:30am Zumba Fitness 6:45pm - 7:45pm	Kids Kartate 5pm - 6pm			
	Yoga4Moms Childcare Hatha Yoga 7:15pm - 8:30pm	Cubs 6-8:30pm	Scouts 6:30pm - 9pm	Yoga Exposure 6-7pm			
		Beavers 6-8:30pm					
Upstairs Annex (Meeting Room)							
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 5-8pm		
	Triliters 10am-12pm Book Club 1-4pm (1st Monday of month)	Triwoodsmen 1-4pm Lion's Club 4th Tues of 7-10pm (2nd & 4th Tues of month)	Triliters 10am-12pm	Triliters 1-4pm			
JT's							

TRIWOOD HALL RENTERS			
ACTIVITY	CONTACT	EMAIL	PHONE
Adventurers School Age Care	Franklin Capada	<a href="mailto:triwood@adventures-sac.com">triwood@adventures-sac.com</a>	403-284-5457
Foxy Kickboxing	Jessica Sparrow	<a href="mailto:jessica@foxykickboxing.ca">jessica@foxykickboxing.ca</a>	
Karate	Ken Noda	<a href="mailto:masternoda@mac.com">masternoda@mac.com</a>	403-804-6789
Zumba Fitness	Michelle Neufeldt	<a href="mailto:fitforchange@shaw.ca">fitforchange@shaw.ca</a>	403-804-6951
Yoga	Lynsey Farrell	<a href="mailto:triwoodpc@shaw.ca">triwoodpc@shaw.ca</a>	403-282-2677
Scouts	David Fong	<a href="http://www.fourthtriwood.com">www.fourthtriwood.com</a>	
Cubs / Beavers	Margaret		
Lions Club	Margaret Young	<a href="mailto:youngmargaret@shaw.ca">youngmargaret@shaw.ca</a>	



## ANNUAL GENERAL MEETING

**FRIDAY OCTOBER 28TH, 2016**  
**7:00PM-10:00PM**

1. Approval of Agenda
2. Approval of Minutes from the 2015 AGM
3. Review of Reports
  - President
  - Vice President
  - Producer/Director
4. The City of Calgary will be presenting the Bike Lane proposal for the Triwood Area

4. Treasurer (Includes presentation of Year End Financial Statements)
5. Election of Officers
6. New Business
7. Adjournment

The meeting will be held in the Collingwood Hall.

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# Newsletter Submission DEADLINE

# 15<sup>th</sup>

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)

## JT'S PUB



EVERY THURSDAY NIGHT 5PM-9PM

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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 1<sup>st</sup> – August 31<sup>st</sup>**

To purchase a membership, please visit the Triwood Community Association office or visit our website at [www.triwoodcommunity.com](http://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 

Follow us on Twitter 

Check out our website 

Fill out our survey! 



# WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today  
**LIGHTTHENIGHT.CA**



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## 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.



## 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!



## CALGARY MOUNTAINVIEW LIONS CLUB

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# HALLOWEEN HAUNTED HOUSE



**MONDAY  
OCTOBER 31, 2016  
4PM - 9PM**

**\$2.00  
ENTRY**

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## your **COMMUNITY** BUSINESS OF THE MONTH

### Northland Village Mall

**N**orthland Village Mall is northwest Calgary's most convenient shopping location. You can find us located adjacent to the communities of Dalhousie, Varsity and Brentwood on Northland Drive. With easy access from Crowchild Trail, close proximity to Calgary transit and abundant parking, Northland Village Mall is your ideal shopping destination.

Enjoy a one-stop shop at Northland Village Mall – whatever the occasion, we have what you are looking for. With our large, marquee retailers WalMart, Best Buy, Winners and Shoppers Drug Mart, we have you covered from groceries to electronics, and from clothing to cosmetics. With a fitness facility and multiple salons within the mall, you are never far from the services you are looking for. Keep current with the latest trends with our various fashion retailers and our furniture and home décor stores. Northland Village Mall has all the essentials you are looking for in one convenient place!

Visit us Monday to Friday from 10:00am to 9:00pm, Saturday from 9:30am to 6:30pm and Sunday 11:00am to 5:00pm.

With the holiday season right around the corner, check back with us for upcoming holiday promotions, information about Santa Claus visits, and find out how you can help some of Calgary's most deserving families through our partnership with Habitat for Humanity.

#### What is next for Northland Village Mall?

With many exciting plans in the future, community remains at the heart of our operations. We strive to bring convenience, vibrancy and energy to our mall and share

it every day with our customers. We consider ourselves a vital part of the community and look forward to sharing new and exciting updates as they become available.

Follow along on social media for the latest promotions, offers and news updates. We can be found on Facebook at NorthlandVillageMall and on Twitter @shop\_northland and online at [www.northlandvillagemall.ca](http://www.northlandvillagemall.ca)

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## Put Your Stamp on the Process

Times have changed since the first letter was sent in Canada in 1693. The postal service provided by Canada Post is no longer as dominant in our daily lives as it used to be. With cell phones, email, texting, paperless billing, e-transfers and courier services, Canada Post has seen its role in our daily lives diminishing annually since 2006. At the same time, an average of 169,000 new addresses are added each year to the existing 15.8 million existing addresses.

With more places to deliver mail each year and less mail being sent, this has had a dramatic effect on revenues and costs. Canadians need to take a good look at our postal system and figure out a way to make it both sustainable and affordable. It is a vicious circle - stamp costs increase to cover growing operating costs which, in turn, results in less mail being sent and revenue dropping even further.

However, we still have a critical need for a national postal system as many Canadians and businesses rely on it for many reasons. Last year alone, Canada Post delivered almost nine billion items to every corner of Canada.

The time has come for Canadians to look at the future of our postal system to ensure it is both sustainable and affordable for everyone. A review of Canada Post is now underway and you can participate.

Canadians are being asked to contribute their comments, concerns and, most importantly, their ideas on how we can achieve these goals. For example, the most common idea I have heard so far is the suggestion to make mail delivery every second business day. This would save money and the impact on the environment. Canadians are known for being a resourceful and creative bunch and I am sure there are many more ideas to come.

An independent Task Force is currently gathering facts and developing options for consideration. Next, a Parliamentary Committee will consult Canadians on the options and make recommendations to the Government on the future of Canada Post.

To share your input, please send your ideas to TPSGC.ExamendeSPC-CPCReview.PWGSC@pwgsc-tpsgc.gc.ca, fax 1-844-836-8138, or even better, MAIL your comments to Canada Post Review, CP2200, Matane, QC, G4W 0K8. As your Member of Parliament, I am interested in knowing your views, and would appreciate being copied on your submission.



## IN & AROUND CALGARY

### NWC Jazz Presents Jazz in the Woods – Fall Series

Jazz in the Woods is back! After a successful inaugural presentation of the Jazz in the Woods series, the Northwest Calgary Jazz and Creative Music Society is bringing the music back to the Triwood Community Centre. Featuring a new line-up of artists including young up-and-comers Evan Cribb and Gustaf Moberg, as well as some of Calgary's most accomplished improvisers in Tyler Hornby and André Wickenheiser, the series will showcase some of Calgary's finest original music. With bimonthly performances beginning in November, Jazz in the Woods will once again present a cross-section of Calgary's vibrant cultural scene, including local artists and some of our great local beer. Stay tuned in the Trumpet for updates on each show including dates and band and artist bios!

For tickets and more information please visit our website: [www.nwcjazz.com](http://www.nwcjazz.com)

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## North of the River

Matt Grant

"Back to school" for communities north of the Bow has a decidedly collegiate connotation. Over 30,000 students have enrolled at the University of Calgary this year, while SAIT boasts nearly 16,000 full-time students. These institutions host a range of free or affordable athletic, cultural and intellectual events and programs open to our communities.

Here are some of my favourites.

Nothing says autumn like Dinos football. At the time of writing, they've won their first two games – a positive start as the team hopes to repeat its 2013 Vanier Cup appearance.

Want to be active yourself? The U of C Health and Recreation Centre offers a huge range of activities (skating at the Olympic Oval is a particularly fun way to spend an afternoon), or pick up some gear at the Calgary Outdoor Centre for your next adventure by river or path.

For a little culture, did you know the University of Calgary Theatre hosts more than 175 events per year? Whether your family is into dance, music or drama, there's something for everyone.

There's plenty to do at SAIT as well. This winter, my wife and I enjoyed taking an evening class at the Culinary Campus. You can hone kitchen skills or learn new recipes (French, South East Asian, Italian – you name it). On campus, in the John Ware Building, you can also purchase artisanal food products expertly prepared by students studying Butchery and Charcuterie Management and Baking and Pastry Arts.

Educators have long cited the axiom, "*Mens sana in corpore sano*" or a "healthy mind in a healthy body". The students, professors, researchers and support staff at the University of Calgary and SAIT help the residents of the communities north of the river achieve this worthy goal.

Matt Grant lives north of the River – now in West Hillhurst after many years in Bridgeland Riverside.

## TRIWOODSMEN



### SENIOR MEN'S SOCIAL CLUB

Triwood Triwoodsmen is 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

### DISCLAIMER

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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

### SUPPORTING FAMILIES WITH MENTAL HEALTH CONCERNS:

Monday, Oct 3, 7-9 pm at Brentview Baptist Church, 3512 Charleswood Dr NW. Tools and strategies for caregivers of those with mental illness. No charge but limited seating, call to register 403-464-7244.

### HUGE LULULEMON, IVIVVA AND TRIPLE FLIP SALE:

at Triwood Community Association - 2244 Chicoutimi Dr NW; follow signs off Charleswood Drive. Big sale with 100's of used quality items. One day - Saturday, Oct 1st, 8am-Noon. Cash, Visa, MC and Debit accepted. Call 403.401.7851 or visit [www.facebook.com/usedlululemonsale](http://www.facebook.com/usedlululemonsale).

### SALE OF BOOKS & LEARNING MATERIALS: ARE YOU

an educator, parent, or grandparent looking for books, games, and posters? 3415 Caribou Dr. N. W. Calgary Sat. & Sun. Oct. 1 & 2, 2016, 10:00 a.m. to 2:00 p.m. Cash sales only.

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As a large urban centre in a prosperous country, Calgary continues to mature and develop. To keep up with the pace of this perpetual growth, it is important for the City of Calgary to make investments in transportation infrastructure like streets and public transit.

Large projects like the Green Line LRT and the Crowchild Trail Study get most of the attention, since they will move many thousands of Calgarians across the city. It is important though that we don't forget about smaller investments that can make positive differences for local residents and their communities.

With this in mind, my staff and I joined the City's General Manager of Transportation and members of his team for a tour of Ward 7. The purpose of this tour was to identify small transportation issues in communities across Ward

7, and to begin working on solutions. We identified certain fixes that could be implemented quickly, as well as more significant projects for the future.

We noted instances where the design of various intersections made it less safe for all road users. One example was at 19 St and John Laurie Bv NW in Triwood, where higher visibility crosswalks and better lighting were identified to improve the safety of people walking through the area. In Sunnyside, we saw that a new crosswalk at Memorial Dr and 9 St NW would improve walking and cycling access to the Bow River Pathway and Downtown. Work on that crossing will be complete in Fall 2016.


We also noticed that several stretches of sidewalk along 16 Av NW, from Mount Pleasant to Banff Trail, were patch works of uneven concrete and asphalt. Weed maintenance was an issue as well. These are cosmetic issues that can improve an area by making them more pleasant and accessible for local residents. The weeding was quickly completed and sidewalk repair was identified as future work. Elsewhere along 16 AV, between Rosedale and Capitol Hill, we saw a need to improve awareness between those driving and cycling at the busy 10 St NW intersection. Inexpensive green conflict paint was soon added across the turn lanes as a result.

In areas seeing redevelopment, we noticed several instances of construction projects impeding access for people walking. In East Village, we found construction hoarding blocking entire sidewalks. This is a serious concern for a community with high numbers of residents with mobility challenges. The hoarding issues were quickly corrected and we secured a commitment from city staff to ensure that sidewalks are more consistently kept clear and safe during construction.

These are just a few examples of issues we identified. If you see concerns such as these in your community, be sure to call 3-1-1 or go online to [www.calgary.ca/311](http://www.calgary.ca/311). To learn more about this and other Ward 7 topics, visit [www.druhfarrell.ca](http://www.druhfarrell.ca). To sign up for updates on key issues, please email [ward07@calgary.ca](mailto:ward07@calgary.ca).

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