

OCTOBER 2017

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# TRIWOOD trumpet

THE OFFICIAL CHARLESWOOD, COLLINGWOOD & FOOTHILL ESTATES COMMUNITY NEWSLETTER





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# 3

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**Kara Cubbon**  
Investment Advisor

T: 403.508.3812  
kara.cubbon@canaccord.com  
**canaccordgenuity.ca**



# TRIWOOD COMMUNITY

## TRIWOOD COMMUNITY ASSOCIATION

2244 Chicoutimi Dr. NW, Calgary, AB, T2L 0W1  
Phone: 403-282-2677 | Fax: 403-282-7031  
triwoodoffice@shaw.ca

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

Delivered monthly to 4,100 households and businesses  
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### Editorial Submissions

triwoodpc@shaw.ca

All editorial content must be submitted by the 15th of  
the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)

All advertisements must be submitted by the 1st of  
the month for the following month's publication.

### Published by Great News Publishing

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**GREAT NEWS**  **28**  
PUBLISHING YEARS

*The opinions expressed within any published article, report or submission  
reflect those of the author and should not be considered to reflect those of  
Great News Publishing and Triwood Community Association.*

*The information contained in this newsletter is believed to be accurate, but is  
not warranted to be so.*

*Great News Publishing and Triwood Community Association does not endorse  
any person or persons advertising in this newsletter. Publication of any  
advertisements should not be considered an endorsement of any goods or  
services.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre		403-253-5250
Alberta Health Care		403-310-0000
AHS Addictions Hotline		1-866-332-2322
ATCO Gas – 24 Hour Emergency		403-245-7222
Calgary HEALTH LINK 24/7		811
Calgary Police – Non Emergency		403-266-1234
Calgary Women's Emergency Shelter		403-234-7233
Child Abuse Hotline		1-800-387-5437
Kids Help Line		1-800-668-6868
Child Safe Canada		403-202-5900
Distress/Crisis Line		403-266-4357
ENMAX – Power Trouble		403-514-6100
Poison Centre - Alberta		1-800-332-1414
HOSPITALS / URGENT CARE		
Alberta Children's Hospital		403-955-7211
Foothills Hospital		403-944-1110
Peter Lougheed Centre		403-943-4555
Rockyview General Hospital		403-943-3000
Sheldon M. Chumir Health Centre		403-955-6200
South Calgary Urgent Care Health Centre		403-943-9300
South Health Campus		403-956-1111
OTHER		
Calgary Humane Society		403-205-4455
Calgary Parking Authority		403-537-7000
SeniorConnect		403-266-6200
Calgary Kerby Elder Abuse Line		403-705-3250
Alberta One-Call Corporation		1-800-242-3447
City of Calgary		311
Social Service Info & Referral		211
Community Mediation Calgary Society		403-269-2707
RNR Lockworks Ltd.		403-479-6161
Road Conditions – Calgary		
Weather Information		511
Gamblers Anonymous		403-237-0654

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# TWC DIRECTORY

President	Toni Pilkey	
Vice President	Mark Whiteman	
Treasurer	Jim Pilling	
Community Relations	Sandra Rhead	
Members at Large	Jim Heck	
	David Fong	
	Mark Whiteman	
	Chris Cole	
Soccer Coordinator	Carrie Killiam	
Planning Committee	Gordon Alger	
Squirts Hockey Coordinator	Kerry Bission	
Westwood Hockey	Christine Lilge	
Ringette Coordinator	Lauri Scotvold	
Scouts Coordinators	David Fong & Mark Whiteman	
Cubs & Beavers Coordinator	Margaret Porter	
Executive Director	Rick Lundy	
Event Planner	Alex Kubik	
Program & Event Coordinator	Sarah Roper	
Accountant	Randy Dalgliesh	
Building Maintenance	Robert Catton	
Arena Manager	Dave Hurrton	
Office Hours	Monday-Thursday	9:00am - 4:00pm
	Friday	9:00am - 3:00pm
	Saturday	Closed
Memberships	Complimentary for 2017	

## MESSAGE FROM THE EXECUTIVE DIRECTOR



I would like to wish all the families in Triwood a happy and relaxing Thanksgiving. I hope that you have the opportunity to be with friends and/or family this holiday. I enjoy Thanksgiving as it is a time for me to reflect the numerous things that I am thankful for and to enjoy a beautiful dinner with my family.

We will be hosting a Grey Cup party for the whole family to enjoy. The Triwood team is in the process of ironing out the details. Once we do, and we will post them on our website and in the next trumpet. So, mark November 26th off on your calendar. Go Stamps Go!

The Triwood AGM is scheduled for October 19 at 7pm in the Charleswood. Please come out and hear what your Community Association has accomplished over the last year and the exciting things that are planned for the future.

The Halloween haunted house for the kids will be October 31st in the Collingwood from 4-8pm. It will be free and if history tells us anything, it could be the scariest haunted house in the City.

The Christmas Market will be on December 3rd at Triwood. Last year we had over 50 vendors and we are expecting the same amounts of vendors this year.

The Community Christmas Party will be Friday December 8th. This is a free Christmas dinner for Triwood residents and their families. Turkey with all the trimmings will be served followed up by a visit from old St. Nick who is a little more fat and jolly. Please sign up either in the office or on our website.

The Kid's Christmas Party is scheduled for December 10th. Again, please register for this event on the website – so we know how many gifts to purchase. There will be gifts for all ages and hot dogs and pop for the kids.

**Rick Lundy**

A rectangular advertisement with a black and white checkered border at the top. The text is centered and reads: "Northmount Auto Service", "910 - Northmount Drive NW", "403-284-9542". Below this, it says "Serving the Triwood Community for 20 years with complete mechanical services for domestic and import autos". At the bottom, it says "Honest, Quality Service! We don't hose you!". The bottom of the ad has a solid red background.

Northmount Auto Service  
910 - Northmount Drive NW  
403-284-9542

Serving the Triwood Community for 20 years with complete mechanical services for domestic and import autos

Honest, Quality Service! We don't hose you!

A rectangular advertisement with a light grey background. At the top center is a white downward-pointing arrow containing the letters "TWC". Below the arrow, the text reads "TRIWOODSMEN" in large, bold, serif font, followed by "+ 50 SENIOR MEN'S SOCIAL CLUB" in a smaller, sans-serif font. At the bottom, in small capital letters, it says "VISIT WWW.TRIWOODCOMMUNITY.COM FOR MORE INFORMATION".

TWC

TRIWOODSMEN  
+ 50 SENIOR MEN'S SOCIAL CLUB

VISIT WWW.TRIWOODCOMMUNITY.COM FOR MORE INFORMATION

A vertical advertisement with a background image of a golden field with hay bales under a sunset sky. At the top, the text reads "GREAT NEWS PUBLISHING" in a serif font, with "28 YEARS" in a large, white, sans-serif font to the right. Below this, the text reads "FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns." and "If You Feel the Same Let's Talk." followed by the phone number "403-263-3044" in a large, bold, black font.

GREAT NEWS PUBLISHING 28 YEARS

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let's Talk.

403-263-3044

# TRIWOOD HALL SCHEDULE 2017

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



TWC HALL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SCHEDULE</b>					
<b>CHARLESWOOD HALL</b>	Yoga for Moms 10:00AM-11:00AM	Zumba 9:30AM-10:30AM	Zumba 9:30AM-10:30AM		
	Barre Fitness 5:30PM-6:30PM	Pilates 7:15PM-8:15PM	Pilates 5:00PM-6:00PM	Zumba Fitness 6:45PM-7:45PM	Cardio Barre 7:15PM-8:15PM
<b>COLLINGWOOD HALL</b>	Hatha Yoga 7:30PM-8:30PM	Cubs 6:00PM-8:30PM	Scouts 6:30PM-9:00PM	Mindful Yoga Flow 6:00PM-7:00PM	
<b>ANNEX BOARD ROOM</b>		Beavers 6:00PM-8:30PM			
<b>FOOTHILLS</b>	Tai Chi 10:00AM-11:00AM		Tai Chi 10:00AM-11:00AM		
	Karate 6:00PM-8:00PM	Foxy Kickboxing 6:00PM-8:30PM	Foxy Kickboxing 6:00PM-8:30PM	Foxy Kickboxing 6:00PM-8:30PM	Karate 6:00PM-8:00PM
<b>JT'S LOUNGE</b>	Trilighters 10:00AM-12PM	Triwoodsmen 1:00PM-4:00PM	Trilighters 10:00AM-12:00PM	Trilighters 1:00PM-4:00PM	
	Book Club 1:00PM-4:00PM			Pub Night 5:00PM-9:00PM	

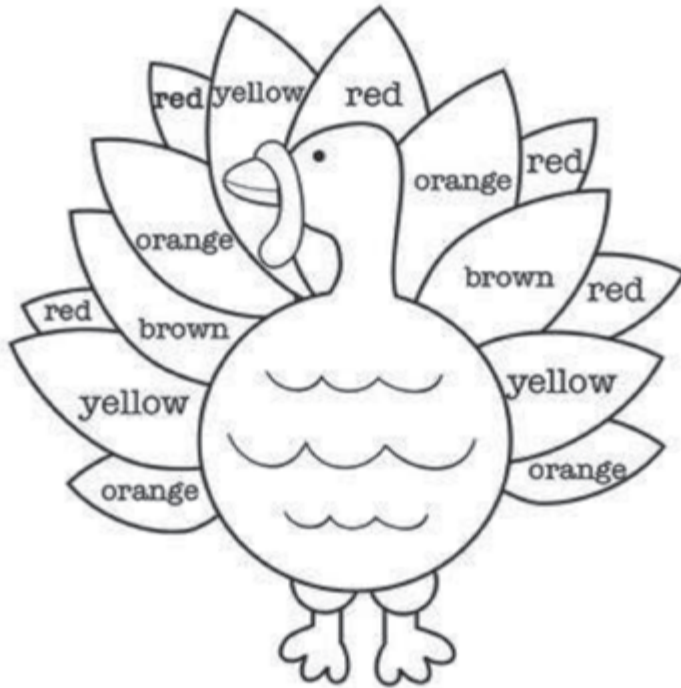
## TWC HALL RENTERS

Adventurers Day Care	Franklin Capada	triwood@adventures-sac.com	403-284-5457
Foxy Kickboxing	Jessica Sparrow	jessica@foxykickboxing.com	1-800-974-3699
Karate	Ken Noda	masternoda@mac.com	403-804-6789
Zumba	Michelle Neufeldt	fitforchange@shaw.ca	403-804-6951
Yoga/Pilates/Barre	Sarah Roper	triwoodpc@shaw.ca	403-282-2677
Scouts	David Fong	www.fourthtriwood.com	403-282-4565



MINI TRUMPET READERS

Happy Thanksgiving



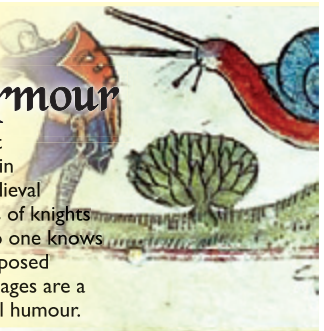
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## Knights in Sliming Armour

Much to the bewilderment of historians and scholars, in the margins of several medieval manuscripts are depictions of knights in combat with ...snails. No one knows whether the snails are supposed to be symbolic or if the images are a bizzarre brand of medieval humour.



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# TRIWOOD COMMUNITY ANNUAL GENERAL MEETING

DATE: THURSDAY OCTOBER 19<sup>TH</sup>, 2017

TIME: 7PM

LOCATION: 2244 CHICOUTIMI DRIVE NW

## | AGENDA |

ONE | APPROVAL OF AGENDA

TWO | APPROVAL OF MINUTES FROM 2016

THREE | REVIEW OF REPORTS

- ❖ PRESIDENT
- ❖ VICE PRESIDENT
- ❖ EXECUTIVE DIRECTOR

FOUR | TREASURER

FIVE | ELECTION OF OFFICERS

SIX | NEW BUSINESS

TWC



# Triwood Christmas Celebration

FRIDAY DECEMBER 8, 2017 | 6PM



TWC

## TRIWOOD KID'S CHRISTMAS CELEBRATION

SUNDAY DECEMBER 10TH, 2017 | 12PM - 2PM  
VISIT WITH SANTA | GIFTS | DECORATE COOKIES

A close-up photograph of a hand holding a frothy beverage in a glass cup. The drink is topped with a fresh mint leaf. The background is dark and slightly blurred.

*Book Your*  
HOLIDAY  
PARTY

TWC  
403-282-2677  
2244 CHICOUTIMI DRIVE NW

## TRIWOOD HAUNTED HOUSE

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OCTOBER 31, 2017  
4PM - 8PM



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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

**LOST CAT:** Our 10-year-old, male, neutered cat went missing in the Charleswood area. He is short-haired, half-grey tabby and half white, and a mostly indoor cat. If you have seen him or have found him, please contact Joan at 403-560-3343. We want to see him safe at home again!

**HOSPITAL VOLUNTEER OPPORTUNITY:** The Foot-hills Medical Centre Gift Shop is looking for energetic adult volunteers, interested in providing compassionate retail service to patients, visitors and staff, in a beautifully merchandised, retail environment. Week-day, daytime opportunities available. Please contact: [chris.paddock@ahs.ca](mailto:chris.paddock@ahs.ca).

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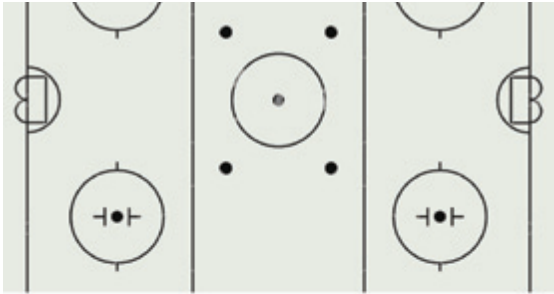

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TRIWOOD COMMUNITY

# PUBLIC SKATING

MONDAYS & WEDNESDAYS | 3:00PM-4:45PM

2244 CHICOUTIMI DRIVE NW  
TWC



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For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Charleswood, Collingwood and Foothill Estates. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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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**MUSIC LESSONS:** KLM Music offers lessons in piano, guitar, drums, voice, DJ, and Ukulele. Let us customize your classes so that you get the most out of them. Register now at klmmusic.ca or call 403-210-3339. In-home or at one of our studios located in the SE and NW.

*~continued next page~*

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# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News  
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**LONDONDERRY PAINTING AND DECORATING:** Interior painting: walls, ceilings, wood trim, wallpaper application and removal. Exterior painting: house, garage, fences, decks, including fence and deck repair. Seniors receive a discount. For a free estimate call Howard at 403-226-3456.

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**SIERRA LANDSCAPING:** Since 2003 Sierra has been bringing beauty to your neighbourhood. We are booking for fall clean ups and are offering free estimates and 15% discounts to seniors. Services will include removal of leaves from bedding areas and lawn, power rake and mowing, and all material removed from site. 403-688-2100 sierralandscapes@shaw.ca.

**RUMMAGE SALE:** Gently used items for sale at St. David's United Church, 3303 Capitol Hill Cres. N.W., east of Crowchild near U of C LRT Station. October 28, 9:00 a.m. to 3:00 p.m. Start Christmas shopping early.

**COMMUNICATIONS, LEADERSHIP, TEAMWORK, PUBLIC SPEAKING, NETWORKING:** Empowering individuals through personal and professional development. Come join us. Monday's at 7pm, Nose Hill Library <http://438.toastmastersclubs.org/> More information: <https://www.toastmasters.org/>.

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Manage Your Workplace Safety  
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# Triwood 2017 Entertainment Series

Presenting our 100th dinner/concert performance and celebrating Canada 150

## Stratus Musical Comedy Act



Take two parts folk-rock, one-part jug band, a little country, a sing a long or two, a dash of vaudeville razzamatazz, a spot of pop, some nostalgia, toss in a couple of amplified guitars, some sophisticated electronic keyboards, three strong voices, smatterings of side splitting comedy, some unexpected surprises, and there you have it, the exciting and zesty sound of STRATUS!

Murray, Brock, and Merry Jo formed their musical comedy act in 1966; toured Canada coast to coast 12 times; worked 12 states in the USA; completed 5 tours of Great Britain, as well as Continental Europe, Australia and New Zealand. As well as being a superb concert act on their own, they have shared or opened the show for such stars as Neil Diamond, Rich Little, Catherine McKinnon, The Poppy Family, Roy Rogers, Leslie Gore, B.J. Thomas, and many more. Drawing from their repertoire of over 300 songs, which are constantly being updated, and their 50 years of experience entertaining together, Stratus designs each and every show to suit the situation and audience.

**Date:** Sunday November 12, 2017  
**Refreshments:** 5:45 p.m.  
**Dinner:** 6:30 p.m.  
**Performance:** 8:00 p.m.  
**Tickets:** \$50 - including dinner  
\$20 - show only  
Available from Triwood (Mon.-Fri. a.m. to 3:00 p.m.; 282-2677),  
8:30  
6201),  
Jim (289-0127), Dorothea (282-Pat (284-1259),  
**Location:** Triwood Community Hall - 2244 Chicoutimi Drive N.W.





Calgary Confederation  
**Len Webber, MP**  
 2020 10 St NW, T2M3M2  
 ☎ 403-220-0888  
 ✉ len.webber@parl.gc.ca



MLA Calgary-Varsity  
**Stephanie Mclean**  
 #202, 4712 16th Avenue NW  
 Calgary, AB, Canada T3B 0N1  
 ☎ 403-216-5436 📠 403-216-5438  
 ✉ calgary.varsity@assembly.ab.ca

**Not All Corporations Are Big**

My office has been inundated with hundreds of letters from Calgarians upset with the proposed changes for private corporations. Canada's tax system should be fair and equitable for all. However, I am concerned that the Liberals' proposed tax changes will make it harder for Canadians to get many critical goods and services.

Private corporations are a popular tax arrangement for business owners, such as farmers, doctors, lawyers, engineers and other independent professionals. They limit their and their family's liability from the financial risks they undertake in their professions. They also help facilitate a savings method for those who do not have formal group pension plans. This legitimate tax structure has been in place for many decades and has proven to work well.

By incorporating, a person is able to create a separate legal entity to operate under and have their revenue, expenses and assets treated separately from their income. This makes sense as the money you pay to your dentist, for example, is not entirely their income. It is revenue that pays for staff, business expenses, insurance, rent, etc. Only after those expenses are paid does your dentist draw a salary from the corporation which is taxed the same as you and I. If they leave profit in the corporation, they do not pay tax on it now, but will pay tax on it later when they draw the income (likely in retirement).

Some are facing a three-fold increase in their tax rates and this drastic increase could drive many professionals out of their professions and many out of Canada.

I am concerned any changes will make it harder to find a family doctor and increase wait times; make local meats and produce more expensive; and discourage young Canadians from starting their own business. We know government spending is at an all-time high, but hitting key parts of our community and our economy with dramatic tax hikes is not the answer.

Friends,

October is the first full month of fall. The trees have changed colour and in many cases lost all their leaves already. Thanksgiving is just around the corner, and maybe a little snow too. I am currently preparing for the start of the fall legislative session this month. Alberta's economy continues to grow at the fastest rate in Canada and our government continues to invest in it through things like \$1.53 billion for Calgary's Green Line LRT.

September started off with the Labour Day long weekend, which was stuffed full of exciting activities. From honouring the efforts of working Albertans in building this province, to marching in Calgary Pride to celebrate the strength diversity brings to this city. Also, the Montgomery Community association played host to the annual BBQ on the Bow festival, a delicious showcase of fine grilled food, and a BBQ contest that draws competitors from all over North America.

The Calgary municipal elections will be held on October 16th. I encourage everyone to go vote, and help shape the direction of the city's development. Information about how to vote can be found with Elections Calgary.

Halloween is at the end of the month and many costumed as the trick-or-treaters will haunt and prowl the neighbourhoods of Calgary-Varsity. The Triwood Community Association will host a haunted house from 4-8pm on October 31st at the Triwood Community Centre. I'd like to wish everyone a delightfully spooky Happy Halloween!

We have recently moved our office to a new location in Montgomery. You can find us at #202, 4712 16th Avenue NW, T3B 0N1.

Our office serves all the people of Varsity, Dalhousie, Brentwood, Banff Trail, University Heights, Montgomery, and Charleswood. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. To find out more drop in, call, email, or check out [stephaniemclean.albertandcaucus.ca](http://stephaniemclean.albertandcaucus.ca)



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Albertans, we need your input!

The Government of Alberta is launching a review of the Province's occupational health and safety system to improve workplace safety and better protect Albertans.

Alberta's Occupational Health and Safety (OHS) Act sets the minimum standards for workplace health and safety, and outlines the roles and responsibilities of employers and employees. While there have been small changes over the years, the act has not been thoroughly reviewed since 1976.

The review will examine the OHS Act, as well as compliance, enforcement, education, engagement and prevention efforts in Alberta's OHS system. The review is organized around three principal themes:

- 1. Responsibility:** how is responsibility for OHS shared among worksite parties? Who is responsible for promoting health and safety culture, implementing best practices, and developing worker and employer self-reliance?
- 2. Worker engagement:** how do we address the right of workers to know about all workplace hazards they may be exposed to in their workplace? How should we address the right of workers to participate in decisions related to workplace health and safety, free from reprisal? And how do we balance these with the right of workers to refuse unusually dangerous work?
- 3. Prevention:** how should data and information inform appropriate actions? How should programs be developed to build public awareness and knowledge for prevention purposes? And how might partnerships between government, industry, workers, WCB and health and safety associations work best?

Along with an online survey and written submissions, the review will include roundtable sessions with employers, employees, academics and health and safety associations.

You can participate in the review by completing an online survey at [alberta.ca/ohs-review](http://alberta.ca/ohs-review) and by sending written comments or submissions to [lbr.review@gov.ab.ca](mailto:lbr.review@gov.ab.ca). Submissions will be accepted until Oct. 16, 2017.

As always our office is happy to hear from you, and may be reached at [calgary.klein@assembly.ab.ca](mailto:calgary.klein@assembly.ab.ca) or 403-216-5430. I'll be available for the next *Coffee with Craig* at the Velvet Café (502 25 Ave NW) on November 11<sup>th</sup> from 10am-12pm.



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14" 2 Topping Pizza - \$14

#### FRIDAY

Featured Big Rock Tap  
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2 pc. Fish & Chips - \$10  
Weekend Shooter Special - \$4.50

#### SATURDAY

Featured Original 16 Tap  
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Highwood Vodka Gun Caesars - \$5.25  
Weekend Shooter Special - \$4.50

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