

MAY 2025

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# RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



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Humane  
Society

# REPORT

- ANIMAL ABUSE
- ANIMAL NEGLECT
- ANIMAL ABANDONMENT

## END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at [CalgaryHumane.ca](http://CalgaryHumane.ca)



## Your Patio Furniture Superstore!

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**Modern Patio**

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## Child's First Dental Visit Come Celebrate With Us

At Alpine Dental, we recognize that your child's first dental visit is exciting. We think it is exciting too and want to celebrate the occasion with you. We will make the experience as fun as possible and still achieve all the necessary goals for a dental visit.

**We will:** Present your child with a personalized children's dentistry book. Celebrate with a goody bag. Take pictures of your child's visit, which we will print out to take home and also email to you.

### Along the way, we will also:

- Complete a cavity risk assessment
- Offer anticipatory guidance
- Examine your child's teeth for decay
- Examine your child's gums and soft tissue for disease or problems
- Determine when x-rays and fluoride treatments should be started
- Evaluate the way that your child's teeth fit together, i.e. "the bite"
- Identify any potential problems or deleterious habits
- Show you and your child how to properly clean his or her teeth at home
- Answer your questions or concerns



**AT ALPINE DENTAL WE GIVE YOU A REASON TO SMILE!**

✦ **FEEL THE SPARKLE IN YOUR SMILE AGAIN!** ✦

All patients receive **FREE teeth whitening.**

Ask us for details.



### Dentistry with a Personalized, Caring Approach.


We are dedicated to working closely with you to create a high quality treatment plan that matches your oral health goals and needs. We work together as a team to provide a thorough, personalized treatment plan in a friendly atmosphere. Give us a call, or better yet, come on in and see us.

 - Dr. Laura Brescia


All services are provided by a general dentist.

**Open Evenings & Saturdays**

Find Out More: [alpinedentalcare.ca](http://alpinedentalcare.ca)

 (403) 294-1077

 **ALPINE DENTAL**

 #100, 180 9th St. NE

# RENFREW COMMUNITY ASSOCIATION



## EXECUTIVE OFFICERS

President	Mary-Grace Linton	president@renfrewyyc.ca
Vice-President Social Room	Wade Belbin	social@renfrewyyc.ca
Vice-President Operations	Vacant	vp.operations@renfrewyyc.ca
Secretary	Angela Dang Atkinson	secretary@renfrewyyc.ca
Treasurer	Shelly Platts	treasurer@renfrewyyc.ca
Past President	David Barrett	past.president@renfrewyyc.ca

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Transportation and Mobility	Jesse Hitchcock	traffic@renfrewyyc.ca
Director at Large	Heike Pauli Eva Weckl	director1@renfrewyyc.ca director2@renfrewyyc.ca

## HALL RENTALS

Visit our website for details: [www.renfrewyyc.ca](http://www.renfrewyyc.ca) [hallrentals@renfrewyyc.ca](mailto:hallrentals@renfrewyyc.ca)

## OTHER CONTACTS

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Newsletter Editor	Mikki	newsletter@renfrewyyc.ca



### SCAN HERE TO VIEW ADDITIONAL RENFREW CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



**Disclaimer:** 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 Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do 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.

**OFFICE HOURS**

Wednesdays: 1:00pm – 3:00pm

Come pop in and ask our Administrative Assistant your community and hall related questions!

## In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough  
 No shame in having need  
 At times the road is harsh and rough  
 Confused this world indeed

It's crucial that we all reach out  
 In giving and receiving  
 To rise above the walls of doubt  
 Together we're believing

We're here to care, we're here to share  
 For that's what life's about  
 In loving kindness, hearts prepare  
 The Food Bank helping out



## Become a Member of the Renfrew Community

Memberships are \$15 for families and \$10 for adults. Members receive access to members-only events, updates, invitations and special member pricing and benefits.

Scan this QR code or go to [www.RenfrewYYC.ca](http://www.RenfrewYYC.ca)



## Belonging To May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.

Renfrew Community  
Association

# MAKER'S MINGLE IS BACK!

THE 2ND WEDNESDAY OF EVERY MONTH  
DECEMBER 2024 TO JUNE 2025  
6-9PM AT THE SOCIAL ROOM

BRING YOUR CRAFTS, KNITTING , SCRAPBOOKING,  
AND ANY CREATIVE PROJECTS YOU'RE WORKING  
ON AND MEET WITH YOUR NEIGHBORS.  
ALL AGES WELCOME!

811 RADFORD RD NE

## Cats, Canines, & Critters of Calgary



Honey, Woodcreek



Kona, Woodlands



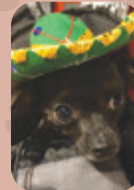
Marjory, Walden



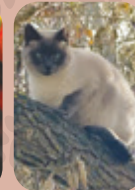
Mavis, Calgary



Puff the Magic Dragon,  
McKenzie Towne



Riley, Woodbine



Serendipity,  
Calgary



Tita, New Brighton

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



**RENFREW COMMUNITY ASSOCIATION**

# **TINY TOTS ANNOUNCEMENT**

**WE WILL BE SUSPENDING PROGRAMMING  
AS OF APRIL 14 DUE TO  
BUILDING RENOVATIONS.**

**PROGRAMMING WILL CONTINUE  
THIS SEPTEMBER 2025**

**PLEASE CONTACT US AT  
TINYTOTS@RENFREWYYC.CA  
OR CHECK THE WHATS APP GROUP FOR  
SUMMER MEET UPS.**



# Renfrew Community Garden Update from the 2023 Archives

by Lisa Mulder

**Plant Superstar of The Month:** Yarrow, *Achillea millefolium*


This month we are looking at yarrow with the Latin name of *Achillea millefolium*, commemorating Achilles of Greek mythology who may have used this plant to help heal soldiers' wounds on the battlefield.

As many of you already know, we grow a variety of medical plants at the Renfrew Community Garden. Yarrow is a medicinal plant known as a folk remedy for common ailments such as headaches, burns, cuts, sores, stings, and nosebleeds. Yarrow is an ingredient in many modern pharmaceuticals as well!

I recognize yarrow in our garden by its beautiful feathery, fern-like foliage and its spray of hundreds of tiny white flowers that exhibit all summer. Ours are white, but as you walk around town, you'll see varieties in many colours! Yarrow is usually about 14 to 24" tall and grows in clumps. They love lots of sunshine but will tolerate drought and poor soils. Gardener beware, yarrow does tend to spread! Our largest patch of yarrow is found in basin 4, in the NE corner, just under the Paul's Pear tree.

**Gentle Reminder:** Although the in-ground gardens can be tasted and enjoyed by the public, the "raised" garden beds are planted and nurtured by members of the Renfrew Community Garden and not for public picking. Please walk through and enjoy with your eyes!

For more information about the Renfrew Community Garden, check out our website at <https://renfrewcommunitygarden.wordpress.com/>.



*Word of the Month*

**Filipendulous:** *adjective* (fil-i-pen-du-lous)  
Suspended by a thread.

The artist crafted a gallery full of filipendulous drawings and artworks.

## LOOKING FOR VOLUNTEERS

Interested in helping to organize and run a CLOTHING EXCHANGE event at RENFREW COMMUNITY CENTRE



Please contact Lara Hogan at [assistant@renfrewyyc.ca](mailto:assistant@renfrewyyc.ca) with any questions or to sign up to help!

## JOIN THE RENFREW COMMUNITY ASSOCIATION URBAN FORESTRY AND HERITAGE COMMITTEE



contact: [director2@renfrewyyc.ca](mailto:director2@renfrewyyc.ca)





# Renfrew Community Fair

## On Neighbours Day June 21st, 2025

### Showcase your Talents at Renfrew's Neighbour Day Community Market!

Are you an artist, baker, crafter or hobbyist looking to share your passion with the community? Or maybe you run a small business and want to connect with local customers?

**Join us for the Renfrew Neighbour Day Community Market on  
June 21st!**

**For just \$20 a table**, you can showcase your work, sell your creations, or promote your business Whether you're into:

- Baking cupcakes
- Sharing your love for the environment
- Selling Tupperware, knitting, zines, or art
- Displaying model trains, bord photography or other unique hobbies

We'd love to have you be a part of this exciting day!

Come show your community who you are and meet the amazing people who make Renfrew unique!

Reserve your table today and secure your spot at this fun and welcoming event!

You must be a community member to register.  
For more details or to register, please contact us at [assistant@renfrewyyc.ca](mailto:assistant@renfrewyyc.ca) or visit [Renfrewyyc.ca](http://Renfrewyyc.ca)

We look forward to seeing you there!

Warmly,  
Renfrew Community Association

contact:  
[assistant@renfrewyyc.ca](mailto:assistant@renfrewyyc.ca)  
with any questions!

**CLICK HERE** 



click this link to register

RENFREW COMMUNITY GARDEN



## In Your Plant Era? **GROW YOUR OWN GARDEN**

Benefits of joining the Renfrew Community Garden:

-  Convenient location off Phair Ave in Renfrew
-  Raised garden beds starting from \$14
-  Compost, water + watering supplies provided
-  Access to a members only chat for news, tips + more
-  A community of plant + garden loving neighbours
-  No experience required, just enjoy!

SCAN ME



Come grow with us.  
Register today.

Garden beds are limited.  
Apply today to get your bed.



Renfrew Community Garden 1324 Phair Ave NE



Renfrew  
**STAMPED  
DAY**

**SATURDAY, JULY 5, 2025**

**BREAKFAST: 9AM TO 11AM**

**OUTDOOR SALOON: 3PM TO 11PM**

**BEER GARDEN: 3PM TO 12AM**



**811 Radford Road NE, Calgary AB**

**WANT TO VOLUNTEER?  
SCAN BELOW!**



Renfrew Community Association

# Bottle Drive



Help Support the various initiatives at the Renfrew Community Hall

**Collection Date:**  
**The Last Saturday of Every Month**



**Drop-off Location:**

Renfrew Community Hall  
811 Radford Road NE  
Donation Open from  
9:00am-noon

Please stack neatly by the front door bench. Thank you!

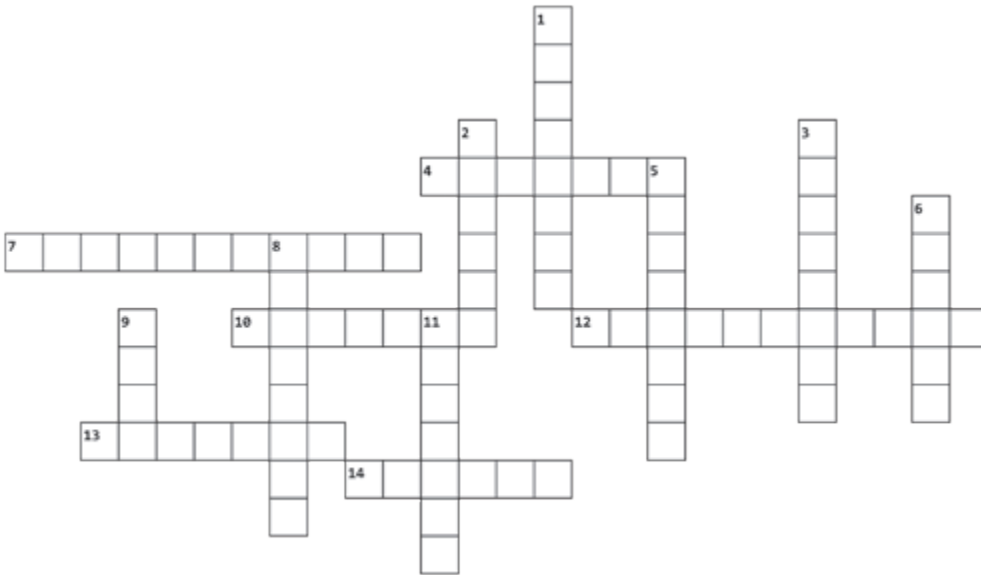
For more information & other information about your Community Centre, please visit:

[www.renfrewyyc.ca](http://www.renfrewyyc.ca)



Thank you for supporting us with your donation!

# May Crossword



## Down

1. Cory \_\_\_\_\_, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first \_\_\_\_\_ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil \_\_\_\_\_ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco \_\_\_\_\_, released her eponymous perfume, \_\_\_\_\_ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after \_\_\_\_\_, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West \_\_\_\_\_ Police on May 23, 1873.

## Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich \_\_\_\_\_ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first \_\_\_\_\_ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia \_\_\_\_\_ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The \_\_\_\_\_ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



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SCAN ME

# BUSINESS CLASSIFIEDS

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**RENFREW MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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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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**YOURS TRULY, JOHNNY DRYWALL:** Your neighbourhood drywall and texture repair specialist! Having your Poly B replaced? Is now the time for drywall repair and/or texture repair? We can also repair other things associated with water leaks, or help with minor renovations. Call or text Brad at 403-771-5228.



**BUTTER KEEP A SECRET!**



**Have you heard the rumor about butter?**

**Never mind, I shouldn't be spreading it.**

 **the Gutter Doctor** **403-714-0711**  
**gutterdoctor.ca**

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

# Thinking of buying or selling a home in this community?

Contact your local Renfrew Real Estate  
Expert to get started.

*Zach Terlier*

REALTOR | FRIEND | NEIGHBOUR

403.818.2896

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