

FEBRUARY 2023

DELIVERED MONTHLY TO 2,230 HOUSEHOLDS

RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



**SAVE A BUNCH
OF CASH**

Expert advice | Excellent rates
Better mortgages



403-771-8771

anita@anitamortgage.ca

Great News Media

| Call 403-720-0762 for advertising opportunities

| www.greatnewsmedia.ca



Looking for a meaningful way to give back to the community?

Volunteer with us!

Whether you are looking for a short-term, weekly, or group opportunity, there are many ways to get involved.

Sign up today at

calgarydropin.ca/volunteer

CALGARY
**DROP-IN
CENTRE**



**Free Goods Program
& Donation Centre**
by the Calgary Drop-In Centre

Opportunities at both our downtown and northeast locations.



**When You Step Out,
WE Step In**

**Vacation and Vacant
Home Watch Service for
Insurance Requirements**

Lynda Binder | Launa Germiquet | Pam Taylor

☎ 1-844-3-ATTEND ✉ info@greatattenders.com



**BM ROYAL
DAYCARE**
DO THE BEST
FOR CHILDREN



FOCUSES: BILINGUAL (ENGLISH & FRENCH) | MONTESSORI PROGRAMS |
KINDERGARTEN GRADUATION/DIPLOMA | CONSISTENT DAILY ROUTINE |
SCHOOL READINESS PROGRAM | FRESH, DELICIOUS AND BALANCED
MEALS PROVIDED | FULL PACKAGE WITH FUN ACTIVITIES: DANCE,
MUSIC, YOGA, SCIENCE, SENSORY, ARTS & CRAFTS

Email: bmroyaldaycare@gmail.com **403-680-2699**
bmroyaldaycare.zeenat@gmail.com **587-707-9688**
www.bmroyaledu.com | 1501- Centre B Street NW

THE WINSTON™
GOLF CLUB

The Turf Care department at **The Winston Golf Club** is now hiring for the upcoming golf season. The Winston Golf Club is one of the oldest golf courses in Calgary, just minutes away from the heart of downtown.

If you are an energetic individual who enjoys working outdoors, we may have a position for you on our team. All positions require the availability to work early mornings and weekends. Both full-time and part-time positions are available. Retired and semi-retired individuals are welcome. These positions are seasonal, with employment commencing approximately the beginning of April, and completing at the end of October.

The Winston offers a professional and enjoyable working environment, free golf privileges, and pro-shop and meal discounts.

Contact csteiner@thewinstongolfclub.com if you are interested in joining our team.

www.thewinstongolfclub.com • (403) 984-1713

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



**Registration
now OPEN!**

Foothills Little League offers baseball to girls and boys aged 4-16. All skill levels are welcome!

Spring season runs from mid-April to mid-June.

www.foothillslittleleague.org



Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY
A support group for 2SLGBTQ+ seniors

We make a significant difference in the lives of 2SLGBTQ+ seniors and provide support and address issues such as social isolation, housing, and loneliness.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com
www.rainbowelderscalgary.ca

Elegance
MEDISPA

— combining
BEAUTY, ART,
SCIENCE & EXPERTISE

Specializing in: —
BOTOX
DERMAL FILLERS
LASER/SKIN TREATMENTS
HYDRAFACIAL
PLATELET-RICH PLASMA
(hair and skin restoration)
COOLSCULPTING
(body contouring)
PERMANENT MAKEUP
LASHES

Scan to —
elegancecalgary.com



ELEGANCE MEDISPA
• E •
BEAUTY ART SCIENCE EXPERTISE

403-452-9959

info@elegancecalgary.com

RENFREW COMMUNITY ASSOCIATION



EXECUTIVE OFFICERS

President	Mary-Grace Linton	president@renfrewyyc.ca
Vice-President External	Vacant	vp.external@renfrewyyc.ca
Vice-President Operations	Kurt Thorsen	vp.operations@renfrewyyc.ca
Secretary	Nancy Lutz	secretary@renfrewyyc.ca
Treasurer	Vacant	treasurer@renfrewyyc.ca
Past President	David Barrett	past.president@renfrewyyc.ca

DIRECTORS

Communications	Jhernelyn Parinas	communications@renfrewyyc.ca
Community Health and Wellness	Aysia Stante	wellness@renfrewyyc.ca
Events and Volunteers	Vacant	volunteer@renfrewyyc.ca
Information Technology	Curtis Linton	master@renfrewyyc.ca
Membership	Kara Levis	membership@renfrewyyc.ca
Planning and Development	Wade Belbin	planning@renfrewyyc.ca
Social Room	Mike Stante	social@renfrewyyc.ca
Transportation and Mobility	Yaman Alchirazi Alsabbagh	traffic@renfrewyyc.ca
Director at Large	Heike Pauli	director1@renfrewyyc.ca

HALL RENTALS

Visit our website for details: www.renfrewyyc.ca hallrentals@renfrewyyc.ca

OTHER CONTACTS

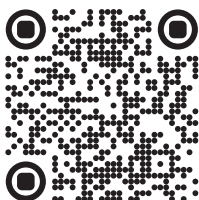
Renfrew Community Garden	Lisa	rcacommunitygarden@gmail.com
Airport Community Consultative Contact	Eva	c/o contact@renfrewyyc.ca
Newsletter Editor	Mikki	newsletter@renfrewyyc.ca

To View Additional Renfrew Content

INCLUDING

- ▀ **News and Events**
- ▀ **Real Estate Statistics**
- ▀ **Crime Statistics**
- and more...

SCAN HERE



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.



BRAIN
GAMES

SUDOKU

9	2	6			7		8	
5			6	8	9	2	3	
1					5	9	6	
7	5		8		2	6		
		9	7			8		2
3	8		1					
		4		3		5	7	6
	7	3		6				4
	1	5		7				

FIND SOLUTION ON PAGE 11

VOLUNTEER

Bartenders Are Needed

Join the Social Committee today!

An illustration of a woman with brown hair tied in a bun, wearing a purple apron over an orange shirt. She is holding a cocktail shaker and pouring a drink into a martini glass. There is a bottle of orange liquid and a starburst graphic nearby.

QUALIFICATIONS:

- RCA Community Member
- ProServe
- Friendly
- Community minded

To find out more information, email social@renfrewyyc.ca or go to our Volunteer Portal at <https://renfrew.getcommunal.com>



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Register for your free membership
or free renewal online today and...

BECOME A VIP MEMBER

WWW.RENFREWYYC.CA/MEMBERSHIPS

Membership Types

- Regular Adult or Regular Family (voting)
- Associate, including Business (non-voting)
- Seniors 65+ & Full Time Students (50% off rates)
- City of Calgary Fair Entry Program Cardholder

Questions or need in person signup?

Email: membership@renfrewyyc.ca

Renfrew Community Association

SOCIAL ROOM PUB

FRIDAY NIGHTS - 7PM ONWARDS

Family Friendly (closed long weekends)



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.

BUSINESS CLASSIFIEDS

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

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.

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.



Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



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



Thank you for supporting us with your donation!




PIZZA OF THE MONTH!
MONTHLY FEATURED LARGE PIZZAS, JUST



\$15

**FEBRUARY:
BACON CHEESEBURGER**
USE CODE: **BCB15**

PAPA MURPHY'S BRIDGELAND
989 MCPHERSON RD NE
403-984-2562 RESTRICTIONS APPLY.

**MYSLICE
REWARDS**

JOIN TODAY AND GET **\$5 OFF***

USE THE QR CODE & DOWNLOAD THE APP




**BRAIN
GAMES**

SUDOKU

9	2	6	3	1	7	4	8	5
5	4	7	6	8	9	2	3	1
1	3	8	4	2	5	9	6	7
7	5	1	8	9	2	6	4	3
4	6	9	7	5	3	8	1	2
3	8	2	1	4	6	7	5	9
8	9	4	2	3	1	5	7	6
2	7	3	5	6	8	1	9	4
6	1	5	9	7	4	3	2	8

got digital?

ACQUIRE AND RETAIN NEW CUSTOMERS.
Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.
Call 403-720-0762 | sales@greatnewsmedia.ca



Scan for an
advertising
quote



GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



Still you. Fewer lines.

Offering Botox®

Cosmetic

- Forehead wrinkles
- Crow's feet at the outside edges of the eye
- Wrinkles between the eyebrows
- Other facial wrinkles of concern

Therapeutic

- Migraines and other types of headaches
- TMD (temporomandibular disorders)
- Nerve pain
- Other facial pain

Book a complimentary consultation to see if Botox is right for you.



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

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

All patients receive **FREE teeth whitening FOR LIFE.**

✦ 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.

L. Brescia - Dr. Laura Brescia

All services are provided by a general dentist.

Open Evenings & Saturdays

Find Out More: alpinedentalcare.ca

☎ (403) 294-1077



📍 #100, 180 9th St. NE