RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER





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Clear Aligner Therapy

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- Free consultations to see if Invisalign is right for you.





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All patients receive FREE teeth whitening. Ask us for details.





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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 throrough, personalized treatment plan in a friendly atmosphere. Give us a call, or better yet, come on in and see us.

Bulia - Dr. Laura Brescia

All services are provided by a general dentist.

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THE WEST HILLHURST COMMUNITY ASSOCIATION PRESENTS







1940S' MOVIE NIGHT

MARKET FESTIVAL

CONCERT & PARTY



SEPTEMBER 14TH & 16TH, 2023
WEST HILLHURST COMMUNITY CENTRE & PARK
1940 6TH AVENUE NW, CALGARY



FULL FESTIVAL DETAILS HERE



EVENT SPONSOR

RENFREW COMMUNITY ASSOCIATION



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RCA OPEN HOUSE & FALL PARTY FRIDAY, SEPT. 8, 2023 5 TO II PM





- SIGN UP FOR TINY TOTS
- COME CHECK OUT THE HALL AND GET TO KNOW YOUR BOARD & HALL RENTALS PEOPLE!
 - PUB REOPENS
 - . BEER GARDEN WITH LIVE MUSIC & LAWN GAMES
- HORSESHOE TOURNAMENT REG. OPEN @ 5 PM
- CONCESSION & BBQ OPEN @ 5 PM

OLUNTEERS WILL BE NEEDED PLEASE GO TO RENFREWYYC.CA TO SIGNUP



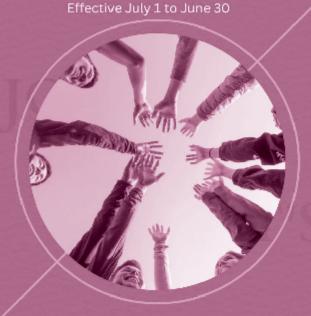
Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!

Renfrew

Community that Cares

Don't forget your Renfrew Community Membership



Memberships are \$15 for families or \$10 for adults, associate members (non-Renfrew residents) and businesses. Members receive access to Community Association members only events, updates, invitations and special member pricing and benefits.

FIND MORE INFORMATION AND SIGN UP AT HTTPS://RENFREW.GETCOMMUNAL.COM/MEMBERSHIPS

Word of the Month

Metanoia: noun (met-uh-noi-uh)

A transformative change of heart.

"Upon finishing her book, Alice experienced a metanoia."

Celebrate!

from the City of Calgary

Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all Calgarians to discover, experience, and celebrate arts and culture in their community, downtown, and across the city. Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023. Visit calgary.ca/culturedays for more information!

Celebrate the opening of Haskayne Legacy Park – Calgary's newest 126-acre regional park! Experience Calgary's traditional western ranchlands coupled with spectacular mountain and prairie views, as well as over 14 km of Bow River and Bearspaw Reservoir banks. You're invited to the opening of Haskayne Legacy Park on September 16 from 10:00 am to 12:00 pm. This free event will offer wagon rides, pancakes, music, and more. Visit calgary.ca/hlp for further event details.



PRESIDENT'S MESSAGE

Hello Neighbours!

I hope that summer is going well for you and for those back to school already, you're off to a great year.

Stampede Breakfast in July was another success, with over 950 people coming to eat pancakes with us. We hope you can join us for the Open House and Beer Garden event on September 8.

We need a few volunteers to be able to move forward with the jellybean dances this year. The perfect candidate would be able to take the Friday afternoon off to coordinate set up, volunteers, and the DJ, and be able to stay through the dance right to the end to make sure everything is put away and cleaned up. We hope to have someone volunteer for this position soon so we can run a Halloween jellybean dance on the last Friday of October.

We are also looking for some board positions to be filled, including Events & Volunteers, Transportation & Mobility, Community Health & Wellness, and Vice-President External. We are also in search of a Casino Chairperson who would pick up the portfolio for a Casino in Q4 of 2024. Casinos are a vital fundraising event for the community association. Please reach out to president@renfrewyyc. ca for more information on these crucial roles within the community association.

I am looking forward to another great season!

Mary Grace Linton

President, Renfrew Community Association





YOUR CITY OF CALGARY



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With Momentum's Money Management workshops, you can



Learn to budget and manage your debt

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Complete a workshop and be entered to win a \$200 grocery gift card!



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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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



THE FIRST CANADIAN SATELLITE

On September 29, 1962, Canada became the third country (after the Soviet Union and U.S.) to launch a satellite into space. Named after a popular French song, Alouette-1 was sent to study the ionosphere. It exceeded its expected lifespan of one year, remaining operational for 10 years, and sent millions of groundbreaking data back to Earth.





Tiny Tots is Back!

What is Tiny Tots?

Renfrew Community Association Tiny Tots Co-operative Playgroup is a committee of parent volunteers who provide a program geared towards children not yet in school (age 5 and under). It is a parented, non-structured playtime where children can have fun, as well as learn and develop their skills in sharing, interactive play and creativity. And it's a great way for parents to socialize with their neighbours!

Where is Tiny Tots?

The RCA Tiny Tots program runs out of the West (lower) hall of the Renfrew Community Association. The facility includes access to washrooms and a change table as well as a variety of toys, train tables and mats available for use.

When is Tiny Tots?

Tiny Tots will run 3 to 4 days a week based on volunteer availability. Based on input from participants on the days and times that would serve our community best, Tiny Tots will be open from 9:30 to 11:00 am on Tuesday, Thursday, and Friday, and 11:30 am to 1:00 pm on Wednesday. The program will operate on a drop-in system so once you are registered, you can come along as often as you like!

Want to Learn More?

We are looking for participants and volunteers on an ongoing basis.

To learn more or to get involved please sign up at https://renfrew.getcommunal.com/member/parent_programs/415 or email TinyTots@renfrewyyc.ca.



GAMES & PUZZLES

Guess That Animal!

- 1. Male ______ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
- 2.This tree-hugging marsupial's fingerprints are almost indistinguishable from humans,' which has confused some forensic crime scene investigators.
- 3.This monogamous species mates for life and courts one another by gifting each other pebbles.
- 4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
- 5.The ______ is the only mammal that can truly fly and not simply glide.
- are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.











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