

AUGUST 2023

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THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



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# RENFREW COMMUNITY ASSOCIATION



## EXECUTIVE OFFICERS

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## HALL RENTALS

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

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News, Events,  
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# WHERE'S DR. WALLY?

#whereswally2023

You may already know that Dr. Wally is also a sommelier, but did you also know that he's a real local foodie? #supportlocal

Join us for a fun summer contest as he travels throughout Bridgeland taking us to all of his favourite spots.

Head to our Instagram or Facebook page and **ENTER TO WIN!**



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# Renfrew Community Garden Update

by Lisa Mulder

Summer 2023 isn't even over and I'm already thinking about next year's garden. I am often asked the question "What are your favourite fruits and veggies to grow?"

What are my criteria for great home-grown fruit and veggies? Fruit and veggies must be fairly clean of dirt and bugs and need minimal cleaning with little waste. I love things that can be picked and eaten right there in the garden. I grow what I will actually use, so here are some of my favourites!

**String Beans:** Pole and bush beans. Perfectly clean. Fun to pick and easy to cook! Have you tried "bean races" at dinner to get the kids eating beans too? The rules are simple: eat the string bean faster than everyone else.

**Swiss Chard:** Fairly clean. Use it in place of frozen spinach throughout the winter.

**Cabbage:** Okay, those cabbage moths are annoying, but if you peel away the outer infested leaves, inside there is a beautiful cabbage waiting to be eaten.

**Peas:** They are lovely to watch climbing through the summer, they are clean, and they are delicious to eat either fresh or cooked.

**Zucchini:** Okay, yes, they are prolific, but have I mentioned my blanch/dehydrated zoodle recipe? Amazing!

**Patty Pans:** Haven't heard of these? These are the UFO shaped yellow squashes that are so beautiful to grow and so delicious to pan fry with butter. Look them up!

**Cucumber:** Cucumbers are hit and miss, but in a good year, I can't tell you how delicious they are with tomatoes and feta in a Greek salad.

**Tomatoes:** Tomatoes can be advanced... only because they require consistent moisture all summer (no forgetful moments allowed), some decent soil and some bone meal. But a fresh tomato from the garden can't be beat!

**Lettuce and Radishes:** These are fun! Plant them at the end of March and you will be harvesting them in June. After that, you can re-use the space for something else.

What about fruit? Fruit takes time. Plant your fruit trees and bushes the moment you move into your new house so that you can enjoy the harvest sooner.

**Haskap/Honeyberry:** Seriously folks, this is the best fruiting bush to buy. It will give you a beautiful early summer harvest within two years. The berries are clean and delicious! If I had the choice, I'd choose haskap over blueberries, hands down!

**Saskatoons:** Pretty much effortless "pomes" ready to be picked in early August for fresh eating and pies!

**Apples:** These take 5 to 7 years to first harvest, but they're worth it! Who can resist a freshly picked apple?

**Gentle Reminder:** The RCG "in-ground beds" are there for everyone to enjoy. The "raised" garden beds are planted and nurtured by members of the Renfrew Community Garden and are not for public picking.

Don't forget to check out the Renfrew Community Garden at <https://renfrewcommunitygarden.wordpress.com/>.



# Don't forget your Renfrew Community Membership

Effective July 1 to June 30



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](https://renfrew.getcommunal.com/memberships)

## Cats, Canines, & Critters of Calgary



Baloo and Walter, *Springbank Hill*



JC Cat, *Evanston*



Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

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



Four-legged friends seeking homes For a limited time only, adopt your furever companion at Animal Services at a reduced rate! Now only \$100.00, the adoption fee covers:

- spay or neutering surgery ● microchip implant for identification
- a twelve-month City of Calgary licence ● first set of vaccinations (excluding rabies)
- de-worming ● a bag of pet food

Shelters and rescue agencies in Calgary and the surrounding area are currently at capacity with an overpopulation of homeless animals. Due to the overwhelming number of animals, the City has reinstated its adoption program to assist with this crisis.

Adopting from Animal Services not only provides a loving home for a deserving animal but also helps reduce the number of homeless pets in the community and supports the important work of the shelter. By adopting from a local shelter, individuals can make a direct impact on saving a life and contribute to the overall welfare of animals in their area.

Anyone interested in adopting a pet is encouraged to check out the adoptable animals on [calgary.ca/pets](http://calgary.ca/pets).

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Neuschwanstein Castle is a grandiose, Romanesque-style castle built atop a mountain in the Bavarian Alps of Germany. With its dainty turrets and towers, it was an inspiration to Walt Disney. Disney's logo, theme parks, and two of its films (*Cinderella* and *Sleeping Beauty*) drew inspiration from this magnificent German palace!




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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](http://www.communitymediation.ca), 403-269-2707.

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**Joke of the Month**

Why do seagulls fly over the sea?  
Because if they flew over a bay,  
they would be bagels.

**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 Renfrew 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 donations!



## 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](https://renfrew.getcommunal.com/member/parent_programs/415) or email [TinyTots@renfrewyyc.ca](mailto:TinyTots@renfrewyyc.ca).



## Pet Photo Contest



Submit a photo of your beloved pet, along with a short bio, and your pet may be featured in an upcoming issue of the Renfrew Reflections. Even better if your pet is posing somewhere in Renfrew!

The fine print: Photos must be JPG - 300 DPI or higher, and 2.87 x 3.62 inches or 6 x 7.5 inches.

Email Submissions to [newsletter@renfrewyyc.ca](mailto:newsletter@renfrewyyc.ca)

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from the City of Calgary

The City of Calgary invites you to the 'From Demolition to Deconstruction' webinar on Thursday, September 21, 2023, from noon to 1:00 pm.

The free webinar is in partnership with Light House and covers:

- Reducing construction, renovation, and demolition waste
- The impacts of embodied carbon on the environment
- How Canadian cities are moving away from demolishing buildings to deconstructing them and salvaging valuable materials for reuse

This is the second webinar in the 'Going Circular in the Built Environment' series. Register and access relevant content at <https://www.calgary.ca/environment/climate/climate-change-webinar-series.html>.

## GAMES & PUZZLES

### Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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