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HALL RENTALS

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

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Renfrew Community Association

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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)



WET WATER

We all know that water is wet (right?), but did you know that you can actually make water wetter, and that is exactly what firefighters do! There is an agent these heroes add to water to create a higher evaporation temperature, which can reduce the time it takes to put out a fire by up to 30%!



Calgary Confederation
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Help Is Here

Many Canadians find the holidays to be challenging, with more than half of Canadians saying that the holiday season can be a source of anxiety, depression, and loneliness. Fortunately, this holiday season accessing help has become easier. Beginning November 30, Canadians in crisis from coast-to-coast will be able to call or text 9-8-8 and obtain counselling free of charge.

This new three-digit number aims to provide accessible and timely support to individuals in crisis, offering hope and saving lives. I was proud to vote in favour of establishing this hotline when my Conservative colleague, Member of Parliament Todd Doherty, introduced it in 2020. Since then, Canadians have waited years for 9-8-8 to be implemented; during this time, the COVID-19 pandemic highlighted the importance of accessible mental health resources.

This easily remembered number allows individuals in distress to swiftly connect with trained professionals. 9-8-8 operates 24/7, providing immediate assistance and reducing barriers that may prevent someone from reaching out for help. Regardless of socio-economic status or geography, 9-8-8 allows for better access to support.

The Centre for Addiction and Mental Health led the coordination of services for 9-8-8 with input from Provinces and Territories, Indigenous partners, crisis services, mental health experts, individuals with lived experience, and public safety officials. 9-8-8 will save the lives of Canadians who feel they have nowhere else to turn. By providing accessible, empathetic, and immediate support, this hotline serves as a beacon of hope, reducing the barriers to seeking help and saving lives.

If you or a loved one are struggling with your mental health, know that help is more accessible than ever. Please do not hesitate to call or text 9-8-8 any time you need mental health crisis or suicide prevention intervention and be sure to share this information with anyone who may be struggling.

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



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.renfrewyc.ca

Thank you for supporting us with your donation!

Renfrew Community Garden Update

by Lisa Mulder

Since it's winter, and a wonderful time to reflect on the past, I have been thinking about the short history of the Renfrew Community Garden.

It was the summer of 2013 when Heike and I made a pact to start a community garden in Renfrew. Four years later, in April of 2017, Renfrew Community Garden opened with a fanfare that included many of our city's dignitaries including Mayor Nahed Nenshi, Ward 9 Councillor Gian-Carlo Carra, and many others! 150 students from Stanley Jones School also attended, full of enthusiasm, curiosity, and energy!

Personally, I remember feeling incredibly anxious about opening this new garden. I lost a lot of sleep over it! After four years of effort, would these gardens grow? Would the deer and hare eat everything up? Would the winds blow everything away? What if it ended in total disaster?

I'm happy to report that the Renfrew Community Garden turned out even better than expected! This summer, I overheard one of our gardeners say that they've never experienced such a sense of community as they do at this garden! Wow! Mission accomplished!

At this point, I can't help mentioning that it wasn't easy to start a community garden. It took a lot of determination from a dedicated committee of Renfrew community members over the years. We applied for dozens of grants and won a few, but not all. We found some amazing funders and we had the support of the Renfrew Community Association, the City of Calgary as well as the City of Calgary Water Management department. It was an amazing feat and thankfully, it all worked out. The Renfrew Community Garden is amazing!

Thank you to everyone that has contributed over the years! It really was worth the effort!

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 not for public picking.

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

Renfrew Community Association

JELLY BEAN DANCE COORDINATOR

Requirements:

- The perfect candidat would be able to take the Friday afternoon off to coordinate dance set up
- Be able to arrange volunteers and confirm with the DJ
- Would be able to stay through the dance to the end and make sure everything is put away

The hope is to have a candidate for this position in place to start the season for Halloween. Dances are run 5 to 6 times a school year on a Friday evening from 6 to 9 pm

If you are interested email president@renfrewyyc.ca or speak to Mary Gracel

@renfrewyyc



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Thank you
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Cold Weather Preparations

by Alberta Health Services



Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

It's Important to Remember a Few Things During Extreme Cold Warnings:

Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.

What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit www.alberta.ca/homelessness.

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.



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.

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LITTLE TOES



Because humans typically have five fingers on each hand and five toes on each foot, it might lead one to believe that cats follow that same format. However, this is actually incorrect! Most cats only have 18 toes, rather than 20. A typical cat will have five toes on each of its front paws, but only four on its back ones!

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