

JUNE 2023

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*L. Brescia* - Dr. Laura Brescia

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News, Events,  
& More



Crime  
Statistics



Real Estate  
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# Renfrew Community Garden Update

## Plant Superstar of the Month is Rhubarb

by Lisa Mulder

Rhubarb is an amazing food that can be found for free for almost all Albertans! Even if you don't have your own garden or raised garden bed at the Renfrew Community Garden (RCG), rhubarb is easy to come by in early summer. Nearly any house built in the 50s or 60s will have a rhubarb plant so you might even have one in your yard. If you don't have a rhubarb plant growing around your building, swing by the Renfrew Community Garden. We have several rhubarb plants and if they are growing at ground level, they are free for anyone to pick and enjoy. Just remember, while the stalk is edible and delicious (full of vitamins and fibre), the leaf is not.

Typically, rhubarb is eaten in desserts, but did you know that it is actually a vegetable? When I was growing up, we would pick a stalk and eat it fresh, with the umbrella leaf still attached – oh, so sour! Other kids dipped their stalks in sugar. My mom made an amazing rhubarb custard tart. As a mom myself, I've made rhubarb juice, rhubarb fruit rollups, rhubarb sauces (both sweet and savory), rhubarb pies, and of course, rhubarb custard tarts! I love using dehydrated rhubarb slices in my own herbal tea mixes; it lends a deep rich tone to the tea.

I've always been amazed by the abundance of food we can grow in Calgary! In addition to rhubarb in early summer, apples by the barrelful can be found in the fall! If you are more adventurous, seek out some Saskatoons at the RCG in our parks and/or river valleys in late summer. At the Renfrew Community Garden, everyone



is invited to enjoy what grows in our in-ground beds: walking onion, garlic, rhubarb, Saskatoons, cherries, several varieties of currants, gooseberry, haskap, goji berries, mint, and so much more!

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.

There are some amazing recipes for rhubarb and other locally grown edibles to be found online. Don't forget to check out the Renfrew Community Garden at <https://renfrewcommunitygarden.wordpress.com/>.

## Cats, Canines, & Critters of Calgary



Squeeks, Mount Pleasant



Ravioli, Lower Mount Royal



Tegan, Bowness



Umer, Calgary

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

# COMMUNITY CLEAN UP

**Renfrew Community Association**

**811 Radford Road NE**

**Saturday, June 3 9am - 2pm**

**Volunteers Needed**  
**Email: [director1@renfrewyyc.ca](mailto:director1@renfrewyyc.ca)**



Yard & Household Waste  
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## SAFE & SOUND

### Backyard Play Safety

*from Alberta Health Services*

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

#### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

#### Lawn and Garden Tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

### 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				

**SCAN THE QR CODE FOR THE SOLUTION**



*Renfrew Community Association*

# SOCIAL ROOM PUB

FRIDAY NIGHTS - 7PM ONWARDS

Family Friendly (closed long weekends)

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or free renewal online today and...

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[WWW.RENFREWYYC.CA/MEMBERSHIPS](http://WWW.RENFREWYYC.CA/MEMBERSHIPS)

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Renfrew Community Association

## Bottle Drive

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Community Hall

**Collection Date:**

**The Last  
Saturday of  
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**Drop-off Location:**

Renfrew Community Hall  
811 Radford Road NE  
Donation Open from  
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Thank you for supporting us  
with your donation!



# LOST AND FOUND

**@ RCA Hall**



If you have recently been in or around the Hall and are missing something, come down to the Pub on a Friday night to see if we have found it. There are hats, toques, coats, scarves, water bottles, small tools, even a small frying pan and a cowbell, among other items!

**[No kittens but isn't it cute!]**



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## GAMES & PUZZLES

### Guess That Book!



1. A nurse accidentally time travels to the 18<sup>th</sup> century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE  
FOR THE ANSWERS!





## **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 3-4 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 9:30am-11:00am on Tuesday, Thursday and Friday, and 11:30am-1:00pm 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)



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