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RENFREW reflections

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HALL RENTALS

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

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News, Events,
& More



Crime
Statistics



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Statistics



Happy Halloween

Wishing you a ghoulishly good time on
Halloween! Enjoy the festivities and let the
spooky spirit fill the air!



www.renfrewyyc.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.

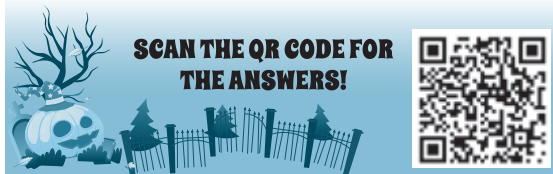
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Fall of the Leaf

In Canada and the US, the season between summer and winter is typically called 'fall.' In the UK, the term 'autumn' (derived from the French word 'automne') is preferred. However, up until the 17th century, the UK also used the term 'fall' as it comes from the Old English word 'feallan,' which means the "fall of the leaf."

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in ____ seconds.



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 stock neatly by the front door bench. Thank you!
For more information & other information about your Community Centre, please visit:
www.renfrewjyc.ca

Thank you for supporting us with your donations!

A poster for a bottle drive. It features a large, stylized illustration of a water bottle in the background. In the foreground, there are three smaller water bottles of different shapes and sizes. The text is arranged in a clean, modern layout with a mix of bold and regular fonts. The overall color scheme is light blue and white.

Excitement Builds for Green Line

From the City of Calgary

City Council has approved RouteAhead, the 30-year strategic plan for Calgary Transit. The feedback received from Council, Administration, and the public combine to guide the long-term plan for Calgary Transit. RouteAhead lists 16 Council-approved projects to grow the Primary Transit Network, including Green Line and the Airport Transit Connector.

RouteAhead ranks Green Line as having the highest benefits score (99/100) on the list of 16 future transit projects. Benefits were analyzed using five weighted categories: ridership, customer experience, economic, social, and environmental benefits. The criteria weighting focuses on maximizing benefits for the most customers and highlights associated positive outcomes from projects. Green Line Stage 1 benefits include job creation, improved connections, reduced emissions, enhanced green spaces along the alignment, and community revitalization.

In 2020, Council approved Stage 1 of the Green Line, from Shepard to 16 Avenue North, and following provincial and federal reviews, it was approved by all funding partners in 2021.

Phase 1 of the Green Line will provide Calgarians with fast, frequent, and reliable transit service to communities, activity centres, main streets, tourist destinations, and essential services. For details, see the RouteAhead report at calgary.ca/RouteAhead.

The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn't until the 50s that such claims turned out to be false.



Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business



Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!



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Time to Give Thanks

It is Thanksgiving and time to gather around the family table for a feast – or is it?

For many families, Thanksgiving dinner will be a little leaner and will lack many of the usual trimmings as they fight to stay within their food budget. For others, it is even worse.

The price of groceries continues to increase dramatically as stubbornly high inflation rates continue to drive up grocery bills across Canada. Our community is not immune to these challenges and an increasing number of our neighbours are finding it harder to feed their families.

The statistics are sobering. Almost one in five Canadians are facing food insecurity. Roughly 1.5 million Canadians visit a food bank in any given month and one-third of food bank users are children.

Canada's first food bank opened in 1981 in Edmonton. Today, the need is greater than ever and there are over 640 food banks in Canada. Food banks are now reporting that usage has more than doubled in many locations since last year. At the same time, donations are slowing as past donors struggle to make their own ends meet.

Food insecurity has devastating effects on individuals and families. It leads to conflict in the home, poor health outcomes, mental health issues, suicide, and reduced educational performance. Furthermore, the psychological effects of suffering through food insecurity can last a lifetime.

I am asking those that are able to donate to consider helping out those in our community by donating to the Calgary Food Bank. Please visit www.calgaryfoodbank.com or call 403-253-2059 to donate. If you are in need of food, please visit their website or call 403-253-2055.

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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.



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

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