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DECEMBER 16
AND 17, 2024

AT COWBOYS
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SIGN UP TO VOLUNTEER AT
VOLUNTEERSIGNUP.ORG/RQHT4



RENFREW COMMUNITY ASSOCIATION



EXECUTIVE OFFICERS

President	Mary-Grace Linton	president@renfrewyyc.ca
Vice-President External	Vacant	vp.external@renfrewyyc.ca
Vice-President Operations	Vacant	vp.operations@renfrewyyc.ca
Secretary	Vacant	secretary@renfrewyyc.ca
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Past President	David Barrett	past.president@renfrewyyc.ca

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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



Real Estate
Statistics



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

TINYTOTS CO-OP PLAYGROUP

9:30am - 11am
Thursday & Friday

Visit Programs at renfrew.getcommunal.com
or email TinyTots@renfrewyyc.ca for more information

FREE

ATTENTION

Your Renfrew Community Association membership expires on June 30. Please renew today.

NOT A MEMBER?
Sign-up online at www.renfrewyyc.ca

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A Dietitian's Guide: Tips for Making Back-to-School Lunches Your Kids Will Enjoy

by the Primary Care Network

Packing healthy lunches kids will actually eat can be a difficult task for parents and caregivers during the back-to-school season. While balanced meals are an important part of fuelling minds and bodies, it can be hard to juggle enjoyment with nutrition.

Dietitians from the Primary Care Network share their tips for making back-to-school lunches nutritious, delicious, and enjoyable.

1. Involve Your Kids

Involving kids in meal prepping is key to helping them discover their own preferences and teaching healthy eating habits. Giving kids the opportunity to make choices – like at the grocery store – helps to foster

positive connections with food. When kids can be involved, there's more buy-in.

2. Presentation is Key

Presenting food in a fun and easy way can make healthy food more appealing – especially when faced with a short school lunch break. Instead of a sandwich, try a meat and cheese kebab or offer sliced apples instead of a whole apple. Opting for a bento-style lunch box can also make packing easier and allow kids to select from a variety of foods – proteins, carbohydrates, colourful fruits, veggies, and healthy fats.

3. Balance and Variety

Aim to add an assortment of fruits, vegetables, whole grains, and lean proteins. Pairing new foods with familiar favourites is a great way to help kids add variety to their diet. Don't be afraid to include a fun food, like a cookie or chocolate. Enjoyment is an important part of balanced eating and building a healthy relationship with food.

VOLUNTEERS NEEDED!

RENFREW COMMUNITY ASSOCIATION NEEDS YOUR HELP!

Our organization is looking for dedicated individuals to join us in our mission to make a positive impact in our community.

- Opportunities to serve:**
- Jelly Bean Dances
 - Easter
 - Stampede Day
 - Neighbourhood BBQ
 - Halloween
 - Christmas
 - OTHER GREAT EVENTS!

Contact us today to learn more about this exciting volunteer opportunity.



or contact
events@renfrewyyc.ca

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SAT, AUG 31, 10AM - 4PM

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Scan the QR Code  For Sign-up Form

WWW.ELEVATEDEVENTSCO.CA INFO@ELEVATEDEVENTSCO.CA

Calgary International Airport - West Runway Rehabilitation Update

You may have noticed that the airspace over Renfrew has been much quieter since April 1, 2024, when the west runway (17R/35L) was closed for rehabilitation. All traffic has been diverted to the parallel east runway (17L/35R) and cross runways 11/29.

Much of the asphalt removal and concrete removal/crushing has been done. It is anticipated that 80% of excavated material will be reused. It is an incredible project, and more information and details can be found on the Airport's website.

In the next phase of construction – mid-July to September our west runway will be reopened – partially – to allow for the closure of runway 11/29 and rehabilitation of the intersection there.

Once that is completed the west runway will once again be closed for ongoing work including electrical upgrades, roads, and taxiways. It is anticipated that work will continue until the end of November or until weather becomes an issue.

It is important for anyone that is bothered by aircraft noise, at any time during and after the rehabilitation project, to contact the airport in this regard. The majority of traffic prior to the commencement of the rehabilitation used our (west) runway and pretty much all southbound traffic in the nighttime hours depart over Renfrew. This will continue or increase after rehabilitation if we are not making ourselves heard. Contact information in this regard is: www.yyc.com/en-us/noise-management/submit-a-concern. If you prefer, you can call 403-735-1408.

Rockyview Ramblers Square Dance Club
 2024 New Dancer Evenings Start on
 Friday, September 13 from 7:00 to 8:30 PM.
 \$8 per lesson per person
 Who can join: Singles, Couples & Families

*MODERN SQUARE DANCING IS A FUN ACTIVITY
 SET TO MUSIC, FRIENDSHIP & FITNESS.*

 North Haven Community Centre
 5003 North Haven Dr. NW Calgary
 CONTACT: David or Joyce (403) 293 - 0033
 Email: rockyviewramblers@gmail.com


Sorry, the
 SOCIAL ROOM is
Closed

BUT JUST FOR JULY & AUGUST
 WE'LL BE BACK IN SEPTEMBER!

We look forward to seeing you again!

JOKE OF THE MONTH

WHAT KIND OF KEY OPENS A BANANA?
A MONKEY



**FOR THE LOVE OF TREES
TREE GUIDED WALK IN RENFREW**



Join us for a leisurely walk in Renfrew to learn about and enjoy the trees that make up the urban canopy in our community. This walk will be led by a City of Calgary Tree Educator who will identify the diverse trees that call Renfrew home and tell us about their unique characteristics. This will be a great opportunity to connect with nature and learn something new about your community. This free walk takes place August 20, 2024 from 6:00 to 7:30 starting at the north entrance to the Renfrew Community Association Hall. The walk will be about one hour with the remaining time left for questions.

**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)

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 Radford Road NE
Donation Open from 9:00am-noon
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For more information & other information about your Community Centre, please visit:

www.renfrewyyc.ca



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Meet Dr. Zahi Shlah

Dr. Zahi Shlah is a General Dentist and the Clinic Lead at Swish. From connecting with patients to coaching his team, Dr. Shlah works to create a culture of genuine care at Swish.



Meet Dr. Tyler Rosolowski

Dr. Tyler Rosolowski is a General Dentist with a passion for positive patient experiences. A Bridgeland local, Dr. Tyler delivers kind and approachable care at Swish.

Book in for an appointment with our dream team at Swish!

Swish Loves Local

Giving Back at the BRCA Farmers' Market



The Bridgeland Riverside Farmers' Market is back! Swish is proud to sponsor the Aspiring Entrepreneur booth for a second season. The Aspiring Entrepreneur booth supports up-and-coming artists, makers, and bakers, providing them with a coveted spot at the market free of charge.

Last year, we had the privilege of supporting some very cool local brands, like Novelty Bakes, Sa Akin Ceramics and Candles, and Bunny Kissed Crochet. We can't wait to meet this year's lineup of budding businesses – we hope you'll join us!

Find the BRCA Farmers' Market every Thursday evening this summer, rain or shine!

Bridgeland-Riverside Community Association Farmers' Market

Where: Bridgeland Community Hall, 917 Centre Ave NE

When: Thursdays from 3:30 – 7:30 PM, June 20 – October 3

For more information, please visit: bridgelandfm.ca

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25th Anniversary of the International Year of Older Persons: Call for Time Capsule and Friendship Quilt Contributors

by the City of Calgary

In 1999, the City, in collaboration with community partners and citizens, created a time capsule and a friendship quilt to celebrate the International Year of Older Persons. This year, 2024, marks the 25th anniversary of that significant event, making it the perfect occasion to open the 25-year time capsule and reflect on the meaning of the friendship quilt crafted during the 1999 celebrations. We are set to commemorate this milestone on October 1, 2024, coinciding with the International Day of Older Persons.

As we prepare for this special event, we aim to reconnect with individuals who played a crucial role in 1999, particularly in creating the time capsule and the friendship quilt. We want to ensure that those who contributed their time and creativity 25 years ago have the chance to participate in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year.

Your participation will enrich our celebration and help keep the spirit of community and connection alive for future generations. Join us in this journey of remembrance, gratitude, and celebration by emailing us at agefriendlycalgary@calgary.ca.



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for more information or to book

international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.



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These properties are listed by: Tink Real Estate, 709 Edmonton Trail NE, Calgary AB, T2E 3J5