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#### **RENFREW COMMUNITY ASSOCIATION**



#### **EXECUTIVE OFFICERS** President Mary-Grace Linton president@renfrewyyc.ca Vice-President External vp.external@renfrewyyc.ca Vacant **Vice-President Operations** Vacant vp.operations@renfrewyyc.ca Vacant Secretary secretary@renfrewyyc.ca Treasurer Shelly Platts treasurer@renfrewyyc.ca David Barrett Past President past.president@renfrewyyc.ca DIRECTORS Communications Kara Gill communications@renfrewyyc.ca **Community Health and Wellness Jhernelyn Parinas** wellness@renfrewyyc.ca **Events and Volunteers** Chris Greenwood volunteer@renfrewyyc.ca Information Technology Curtis Linton master@renfrewyyc.ca Membership Kitt Chanthaboune membership@renfrewyyc.ca Planning and Development Vacant planning@renfrewyyc.ca Social Room Wade Belbin social@renfrewyyc.ca Transportation and Mobility Vacant traffic@renfrewyyc.ca **Director at Large** Heike Pauli director1@renfrewyyc.ca **Eva Weckl** director2@renfrewyyc.ca HALL RENTALS Visit our website for details: www.renfrewyyc.ca hallrentals@renfrewyyc.ca **OTHER CONTACTS Renfrew Community Garden** Lisa rcacommunitygarden@gmail.com Allison Tiny Tots Chair tinytots@renfrewyyc.ca Newsletter Editor Mikki newsletter@renfrewyyc.ca



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#### **Renfrew Community Garden**

The Twelve Days of Christmas. The mention of this Christmas carol will either start you humming it (let's face it who can remember all twelve gifts) or start you cursing about how it's stuck playing in your head. In either case, you may wonder what this carol has to do with gardening.

Well as the carol goes, the first day's gift is a partridge in a pear tree. Although not many of our true loves are wishing for a partridge in a pear tree this Christmas, that special gardener may be happy to receive a pear tree. Surprisingly, certain pear trees can be grown in Calgary's Zone 3. RCG has successfully grown an early gold pear tree on the west side of the garden. The early gold pear tree blooms white flowers in the spring and the golden pears are ready to harvest in September. However, it may take five or more years until the tree produces. Other pear trees that should grow well in Calgary are the golden spice pear tree and the John pear tree.

This holiday season I hope you will visit the RCG in anticipation of finding a partridge in the pear tree. You never know, you may see a grey partridge wondering around the frozen garden looking for that pear tree to celebrate the holidays with.

Merry Christmas Renfrew!

#### The Smiling Gardeners

P.S. RCG is wishing for two metal 15-inch gently used or new bow rakes for Christmas. If you are able to help Santa with this request, please email rcacommunitygarden@gmail.com.



## Happy Holidays! Have a magical holiday season! Renfrew Community Association Renfrew **Community Pub** proming ( DECEMBER 13 **Community Night DECEMBER 20 Caroling Night**

## Become a Member of the Renfrew Community

Memberships are \$15 for families and \$10 for adults. Members receive access to members-only events, updates, invitations and special member pricing and benefits.

Scan this QR code or go to www.RenfrewYYC.ca











# SUSSIC ORAL CARE



### It's officially official.

**Our second Swish** location opens December 3 in the University District.



#### swishoralcare.ca

@swishoralcare

#### At Swish, great care comes easy.

Swish is a locally-owned dental clinic where oral care meets self-care. Since opening our doors in 2022, we've earned over 500 5-Star Reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join us here in Bridgeland or at our brand-new University District location, opening December 3!

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## The key to great care? It all starts with our people.

Book an appointment with our dream team at Swish Bridgeland or University District.

#### The wait is (almost) over.

Swish University District will officially open on Tuesday, December 3!

Located in the award-winning University District, Swish U/D brings our signature 'self-care + oral care' experience to Calgary's Northwest.

A suite of amenities like warm blankets and noise-cancelling headphones; patient gifts from Village Ice Cream and Monogram Coffee; and a space so stunning, you might just forget you're at the dentist. All delivered with judgment-free, patient-driven care.

Say goodbye to dental anxiety and say hello to Swish.

Visit swishoralcare.ca to reserve your spot.

We can't wait to see you in U/D.

Take care,

Team Swish

#### The 411 on Swish U/D

#### Where is Swish U/D?

We're located at 3928 University Ave NW on the main floor of the Argyle building.

#### What services do you offer at Swish U/D?

All the classics (The Essentials, Fresh 5), plus Cosmetic Dentistry, Dental Emergencies, Invisalign, Botox, and more. Head to our Services page for the full list.

#### Who will be my dentist at Swish U/D?

Dr. Zahi Shlah will be doing double duty at Swish Bridgeland and U/D. Expect to see a few more friendly, familiar faces from Bridgeland too.

#### Do you direct bill?

Absolutely. Make sure to add your insurance info to your New Patient Forms for a super smooth, seamless check-out.

#### Where can I park?

Complimentary 3-hour parking is available in the University District underground lot. Make sure to register your license plate at our admin desk when you check-in.

I have more questions. Who do I contact?

Give us a call at 825-540-7183 or email UD@swishoralcare.ca.

#### Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



#### The Essentials

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\*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



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BOJ @swishoralcare

Find us in the General Block: Above Phil & Sebastian, UNA, and

Swish Oral Care #230, 69 7A Street NE Calgary, AB T2E 4E4 825-540-7183



#### **Renfrew Community Association**

## Bottle Drive

Help Support the various initiatives at the Renfrew Community Hall

#### <sup>Collection Date:</sup> The Last Saturday of Every Month



Renfrew Community Hall 811 Radford 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

Thank you for supporting us wiith your donation!

## Beaumont Circus Re-Imagined

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Beaumont Circus is getting a makeover!

City of Calgary wants to create a space that is welcoming and memorable!

#### They want your ideas!

https://engage.calgary.ca/BeaumontCircus

#### 9:30am - 11am Thursday & Friday

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



Calgary Confederation Len Webber, MP 2020 – 10 St NW Calgary, AB T2M 3M2 Substance 403-220-0888 Inn.webber@parl.gc.ca

#### Christmas Help

This month, many families will gather around the table to celebrate Christmas with loved ones. Unfortunately, the meal will not be as grand as it once was for a growing number of families.

Food Banks Canada has reported that food bank use in Canada is setting all-time records with shocking regularity. They report that up to 25% of Canadians are living in a state of poverty, while 35% feel worse-off financially. Canadians are struggling to keep their heads above water, relying on food banks to survive.

Food bank use in Canada has doubled since 2019 with over two million visits in March 2024 alone. This is 6% higher than last year and this year will likely set a new record.

Food Banks Canada blames inflation, housing costs, and insufficient social supports for creating the food insecurity problem.

At the same time, a 23% hike in the carbon tax is not helping. If you tax the farmer who grows the food, and the trucker who ships the food, you end up taxing the Canadian who buys the food.

One-third of those using food banks are children. One-in-five is employed and 70% live in market rent housing. These are people struggling to keep up. Food insecurity has a huge impact on one's mental health and overall health outcomes. This in turn puts additional stress on other social services and the healthcare system.

This Christmas season, if you are able, please donate to a food bank or food pantry so that we can all celebrate Christmas like we used to.

While the need for donations continues throughout the year, your Christmas donation sends a special message of support to those who need it the most during the holiday season.

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