RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER





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Bulda - Dr. Laura Brescia

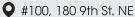
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RENFREW COMMUNITY ASSOCIATION



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Renfrew In Review

The Renfrew Community Association Five-year Business Plan (the full version will be available on the website soon), sets out the vision, mission, and goals of the Board. Our Vision for the Renfrew Community Association is to be a:

- Connected inclusive community with an active and engaged membership
- · Vibrant and supportive neighbourhood
- Safe and sustainable place to live and grow families and businesses

Our Mission aims to be an inclusive, friendly community where individuals and families can flourish and feel welcome. We aim to build a strong community by providing and promoting programs, services and activities aimed at connecting neighbours and fostering involvement in our community.

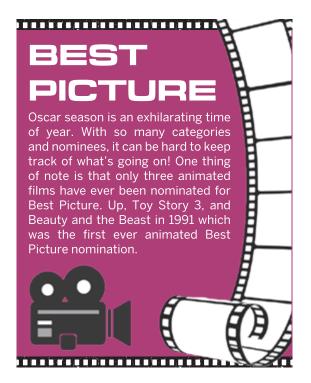
The Goals for the Next Five Years are:

- Increasing membership and in turn increasing volunteers
- Reactivating relationships with Renfrew Businesses
- Recruitment, recognition, retention and succession planning
- Re-organize Board Positions and responsibilities
- Consistent communication
- Create community engagement through large events
- Create a member discount for hall rentals
- Confirm financial sustainability for the community association



Word of the Month

Fortuitous: Adjective (For-too-uh-tus)
Happening by chance or showing good luck
It was rather fortuitous that the two
sisters arrived at the same time.



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



That's a Lot of Snow

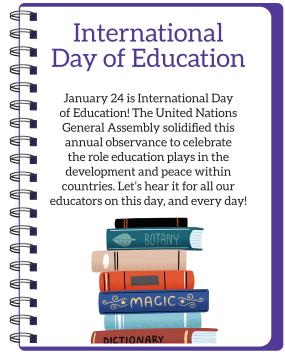
Scotland has an impressive linguistic flair for describing snow—with a whopping 421 distinct words and expressions! Among them, you'll find gems like "snaw," "sneesl," and "skelf," officially documented as part of the Scottish lexicon for capturing the nuanced beauty of snow in its various forms. It's a linguistic snowscape that paints a vivid picture of Scotland's intimate relationship with the winter wonderland.











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SAFE & SOUND

Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



GAMES & PUZZLES

Guess the Sport!

- This is commonly known as the only sport that has been played on the moon.
- This incredibly physical two-person activity is considered the world's oldest sport.
- 3. In this sport, goal posts are painted yellow.
- 4. In ______, a score of zero is called "love".
- 5. An elegant show of talent, this is the oldest winter Olympic sport.
- When you miss three times in a row, it's called a turkey in this sport.





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.



No matter how much you sweat, we can get the stink out!

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