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Renfrew

Stampede Day

Sat., July 6, 2024



Pancake Breakfast 9 - 11 am

Free Pancake Breakfast (Pancakes, Sausage & Beans),
Live DJ, Make a Cash Donation,
Buy your RCA Membership
*Fast Track Line for Renfrew Members &
Those who Bring Their Own Reusable Dishes!



Kids Carnival 10 am - 12 pm

Bouncy Castles & Games
\$2 Game card to be eligible for a prize!



As always this event is not possible
with out a number of volunteers.

Please sign up on our
Website: renfrewyyc.ca
or scan this QR code!



*Please contact events@renfrewyyc.ca for more information.
This event will take place in the grass area on the south side of the
Renfrew Community hall, 811 Radford Road NE, Calgary.*

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

OTHER CONTACTS

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SCAN HERE TO VIEW ADDITIONAL RENFREW CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





NOTICE

Next RCA Board Meeting
Tuesday, June 25 @ 7 pm
Renfrew CA Hall
All Welcome!



DRAGON BOAT FESTIVAL DAY

Also known as Duanwu Jie, this Chinese festival occurs on the fifth day of the fifth lunar month, which is June 10 this year. The best way to celebrate this day is by eating sticky rice dumplings and either watching or participating in a dragon boat race; these impressive boats hold up to 90 people, including a drummer who sets the pace and keeps morale up!



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)

TINYTOTS CO-OP PLAYGROUP



9:30am - 11am
Thursday & Friday



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

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
Please stack neatly by the front door bench. Thank you!
For more information & other information about your Community Centre, please visit:

www.renfrewyyc.ca



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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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Visit www.renfrewyyc.ca/hall-rental
for more information or to book

Renfrew Community Association

SOCIAL ROOM PUB

FRIDAY NIGHTS - 7PM ONWARDS

Family Friendly (closed long weekends)

Joke of the Month

What do you
get from a
pampered cow?

Spoiled milk.



Father's Day



Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?

Be Water-Wise and Create a Yardsmart Yard This Spring

by the City of Calgary

As Calgary continues to experience drought conditions, we can all do our part in our yards by using water wisely. The City has a variety of YardSmart online resources and practical advice to help you establish and maintain a yard and garden that uses less water.

YardSmart Water Conservation Tips

- Mow less often to keep your grass five to seven centimetres high to shade the soil.
- Avoid watering when it has rained or if there is rain in the forecast and use a rain barrel to capture and reuse rainwater in your yard.
- Only give plants the water they need.
- Consider replacing portions of your lawn with garden features that use less water and help absorb rainwater such as rock gardens, low water-use shrubs, or groundcover.
- Add rich soil and mulch to reduce evaporation from your soil.

What Kind of Plants Should I Add to My Garden This Year?

Native Wildflowers

The YardSmart native wildflower plant list is a great resource for those who want to expand their yards this year. These beautiful, low-maintenance plants are well-suited to Calgary's current growing conditions and attract local pollinators.

Drought conditions are likely to persist in the coming years. Creating a yard that's fit for Calgary's climate will help it fare better during future droughts.

Visit calgary.ca/YardSmart for more information on how you can do your part to conserve water in your yard and garden. Together we can make every drop count.



Tune in to the New City of Calgary Podcast

by the City of Calgary

Calgary is one of the most liveable cities on the planet. As one of Canada's fastest-growing cities, we're building to meet the needs of our expanding population, striving to create a vibrant, affordable place for soon-to-be two million residents.

There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called *Calgary Conversations, An Insider Pass to the Heart of Calgary's City Hall*.

In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

Tune in, subscribe, and join the conversation. Because in Calgary, every voice matters. Let's write the next chapter together. #CalgaryConversations.

Listen at calgary.ca/CalgaryConversations or on Spotify, Apple podcasts, Amazon podcasts, and YouTube.



Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- 1. Work on Yourself** – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- 2. Communicate Openly** – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- 3. Trust** – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- 4. Set Boundaries** – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

5. Be Supportive – Offer support and encouragement to your partner. Show empathy and understanding towards their experiences and emotions.

6. Maintain Independence – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.

7. Address Insecurities – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.

8. Practice Self-Care – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.

9. Focus on the Present – Avoid dwelling on past relationship traumas or projecting future fears onto your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

10. Seek Growth Together – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

The following are tips to help your anxious partner to feel more secure:

- 1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.
- 2. Reassurance** – Offer regular affirmations of your love, commitment, and support.
- 3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- 4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.

5. Boundaries – Respect your partner’s boundaries and communicate your own clearly.

6. Quality Time – Spend meaningful time together, creating positive experiences and memories.

7. Appreciation – Show appreciation for your partner’s efforts, qualities, and contributions.

8. Consistency – Be consistent in your actions and behaviours to foster a sense of security and stability.

9. Problem Solving – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.

10. Self-Care – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

Book Suggestions:

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You’ve Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller

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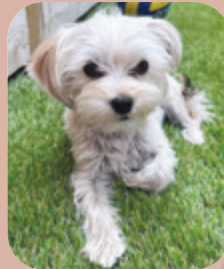
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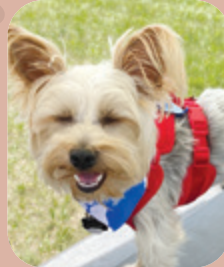
Cats, Canines, & Critters of Calgary



Archie, Sage Hill



Bandit, Copperfield



Louie, Country Hills



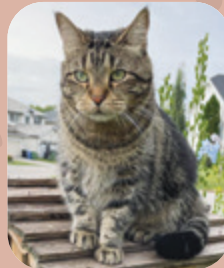
Minnie, Erlton



Morgan, Panorama Hills



Sergeant Pepper, Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

To have your pet featured, email news@mycalgary.com

Backyard Play Safety

by Alberta Health Services, EMS

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.



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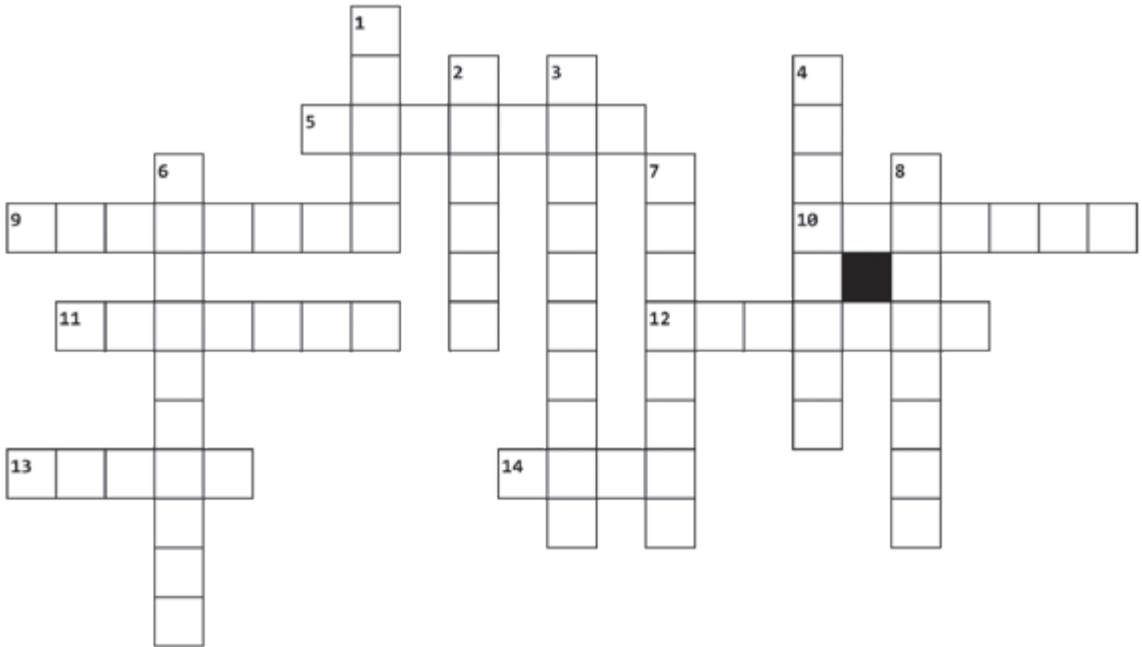
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June Crossword

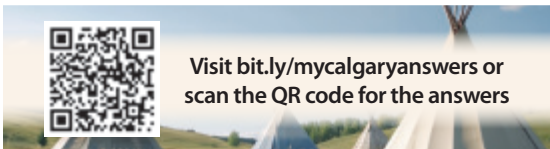


Across

5. On June 21, 1957, Canada's Prime Minister Louis St. _____, who had the distinction of having the longest continuous term as prime minister, resigned.
9. This year's F1 Canadian Grand Prix in _____ will be held from June 6 to 10.
10. In history books, June 21, 1749, marks the date that _____, Nova Scotia was founded.
11. The _____ released their hit album "Sgt. Pepper's Lonely Hearts Club Band" in June of 1967.
12. In June 2003, J.K. _____ released *The Order of the Phoenix*, the fifth book of the Harry Potter series.
13. Interestingly, the most _____ Laureates are born in June.
14. June is named after which Roman goddess of marriage, childbirth, and love?

Down

1. June's birthstone, the _____, is the only stone that is made by a living sea creature.
2. On June 5, 1998, audiences were captivated by the release of "The _____ Show," featuring Jim Carrey in the lead role, portraying a man unwittingly thrust into the spotlight as the star of a live television program.
3. On June 21, Canada honours the contributions of First Nations, Inuit, and Métis peoples by celebrating National _____ Peoples Day.
4. The novel *Crazy Rich Asians*, released on June 11, 2013, later became a film starring Oscar-winning actress _____ Yeoh.
6. June's full moon, known as the _____ Moon, will illuminate the sky on June 21 this year.
7. June 28, 1980, _____ entered Ontario as part of his incredible Marathon of Hope.
8. Founder of Tesla and SpaceX, _____, was born on June 28, 1971.





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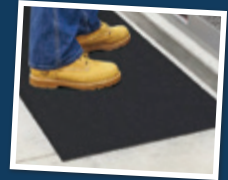
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THOMAS KEEPER, REALTOR®

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