RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



TERLIER
REAL ESTATE





Zach Terlier Realtor® Associate Broker c 403.818.2896 e info@terliergroup.ca www.terliergroup.ca

2nd Generation Realtor Proudly Serving This Community for Over 15 Years.

Child's First Dental Visit

Come Celebrate With Us

At Alpine Dental, we recognize that your child's first dental visit is exciting. We think it is exciting too and want to celebrate the occasion with you. We will make the experience as fun as possible and still achieve all the necessary goals for a dental visit.

We will: Present your child with a personalized children's dentistry book. Celebrate with a goody bag.

Take pictures of your child's visit, which we will print out to take home and also email to you.

Along the way, we will also:

- Complete a cavity risk assessment
- Offer anticipatory guidance
 Examine your child's teeth for decay

- Examine your child's gums and soft tissue for disease or problems
 Determine when x-rays and fluoride treatments should be started
 Evaluate the way that your child's teeth fit together, i.e. "the bite"
 Identify any potential problems or deleterious habits
 Show you and your child how to properly clean his or her teeth at home

- Answer your questions or concerns



AT ALPINE DENTAL WE GIVE YOU A REASON TO SMILE!

st FEEL THE SPARKLE IN YOUR SMILE AGAIN! st

All patients receive FREE teeth whitening. Ask us for details.



We are dedicated to working closely with you to create a high quality treatment plan that matches your oral health goals and needs. We work together as a team to provide a throrough, personalized treatment plan in a friendly atmosphere. Give us a call, or better yet, come on in and see us.

Bulia - Dr. Laura Brescia

All services are provided by a general dentist.

Open Evenings & Saturdays

Find Out More: alpinedentalcare.ca

(403) 294-1077





LIMITED TIME OFFICE

CENTRE STREET • 16TH AVENUE • EDMONTON TRAIL



REDEEMABLE AT

Anime-Shun Autocrats The
Beauty Lab Besties Floral Cafe
Big Fish & Open Range Chinook
Glass & Screen CHV Dental CIY
I House of Yoga Dr. D. Opresnik,
Chiropractor Fäce & Co. Jemini
Hair Artistry, Inc. Markato
Convience Store M. Bischoff
Massage Therapy Nailfits
Studio NAMSKAR Cuisine of
India Pho Nga Pulse Studios
Quesada Burritos & Tacos Royal
Tattoo Salt 'n Sugar Stuart

Denture Clinic The UPS Store #243 Willow Cake & Bake

LOVELOGAL

NEW! COMMUNITY GIFT CARD PROGRAM



WE'LL GIVE YOU

\$25 JUST TO TRY IT

NEW ONES ADDED REGULARLY!

Buy a \$50 gift card and we'll top it up with another \$25

BUY YOURS HERE!

CRESCENTHEIGHTSVILLAGE.CA



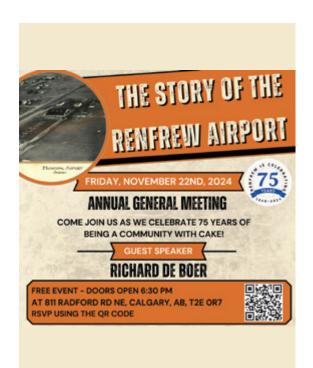
RENFREW COMMUNITY ASSOCIATION



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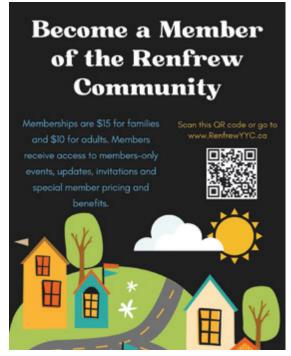
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Renfrew Community Garden

Having to turn lights on first thing in the morning is a sign this year's garden season has ended. Calgary, not known for a long growing season like the 2024 Grey Cup host city Vancouver, does have awesome September weather that helps push out the growing season one more month. Which definitely is a bonus to the Calgary gardener whose growing season starts after the May long weekend.

I must admit that writing an RCG article for the month of November is not easy. Let's face it, all the flower and vegetable gardens are now frozen, and the evening sun is disappearing a little earlier each day. Does anyone talk about gardening in November?

Perhaps November is the month to reflect and document your garden's successes and improvements. What plants need to be transplanted or divided next year? What vegetables need to be rotated? Does your soil need to rest for a year, or does it just require fertilizer and compost? What trees need to be pruned and when? Elm trees can only be pruned between October and March to prevent the Dutch Elm Disease from spreading. Are there any other restrictions or interests you want to research? It is also exciting to make a list of all the new plants you want to try next year and to sign up for seed catalogues if you prefer hard copy. Also, a good time to browse the internet while fresh in your mind the plants your fellow gardener told you about this season.

November may be a dreary month, but by reflecting on what you have accomplished in your garden and starting to plan for next year's growing season may make November a bit sunnier all the while keep your gardening spirit alive over the upcoming winter months.

The Smiling Gardeners









Roma's Pizzeria

Locally owned & operated

PICK UP SPECIALS

*3 toppings







HOT DEALS

*3 toppings on each

Two Pizzas* +
Four Cans
of Pop







FREE DELIVERY

Within 3 km with a minimum order of \$20

403-515-0075

www.romaspizzeria.ca

Bridgeland | 931 General Avenue NE, Calgary, Alberta, T2E 0P4

CONTINUED AFTER SWISH ORAL INSERT

PIZZA

ONE PIZZA 12" | \$21 14" | \$24 16" | \$29 TWO PIZZAS 12" | \$38 14" | \$44 16" | \$55

1. Flames Delight

Beef, Onions, Green Peppers, and Banana Peppers

2. The Old Fashion

Pepperoni, Mushrooms, and Green Peppers

3. Hawaiian

Ham and Pineapple

4. Roma

Pepperoni, Ham, and Mushrooms

5. Albertan

Ground Beef, Tomatoes, and Onions



6. The Veggie Special

Tomatoes, Green Peppers, Mushrooms, and Onions

7. Greek Vegetarian

Feta Cheese, Olives, Mushrooms, Tomatoes, Green Peppers, and Onions

8. Garlic Vegetarian

The Exciting Taste of Fresh Garlic Mixed with Traditional Veggie Toppings

9. The Best

Spinach and Feta Cheese Combined with Mozzarella Cheese

10. Broadway

Pepperoni, Mushrooms, Onions, Green Peppers, and Tomatoes

11. Classic

Ham, Pepperoni, Onions, Mushrooms, Green Peppers, and Red Peppers

12. Cajun Chicken

Onions, Olives, Banana Peppers, and Chicken

13. Supreme

Spinach, Feta Cheese, Chicken, Onions, and Sauce

14. Salsiccia

Italian Sausage, Onions, Green Peppers, and Red Peppers

15. Tilianos

Roasted Chicken, Mushrooms, Onions, and Tomatoes

16. Reem's Favourite

Pepperoni, Mushrooms, Ham, Onions, Green Peppers, and Shrimp

COMPLIMENTARY SAUCE WITH EVERY PIZZA





All About Cosmetic Dentistry.

Step inside the Consult Room and learn more about the world of cosmetic dentistry.



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 this fall.

Good Vibes + Shame-Free Treatment Fast and Convenient Direct Billing Experience the Extras at No Extra Cost



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

Book an appointment with our dream team at Swish Bridgeland.

Cosmetic Dentistry 101

Want to freshen up for fall? We've got you.

Our clinic team is in the know and able to help you decide what cosmetic dental procedures might be a good fit for your goals.

What is it?

Cosmetic Dentistry describes a range of services and treatments, including Veneers, Implant Crowns, Cosmetic Bonding, and, of course, Whitening.

Do I need it?

You may be a candidate for cosmetic dentistry if your teeth are:



Chipped or broken



Heavily stained



Misaligned (and unable to achieve your desired results with Invisalign)

Where do I sign up?

It all starts with a consultation.

Call us at 825-540-7183 to book now!



Say ahhh...

Swish specializes in all things dental for all ages. From essentials to emergencies, our services are priced according to the Alberta Dental Association fee guide.



The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



Fresh 5

Fresh 5 is a flat rate option with five must-have treatments.

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



Dental Work

Cavities, wisdom teeth. root canals, crowns. implants, and more. Thorough, yet gentle on tough stuff.



Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.



Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more - we're on it.



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

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

Find us online:



swishoralcare.ca

hello@swishoralcare.ca



@swishoralcare

SPECIALTY CALGARIAN PIZZAS

17. House Special

Mixture of Pepperoni, Salami, Beef, Mushrooms, Ham, Green Peppers, Tomatoes, Olives, and Onions

18. Mr. Chicken Donair

Sweet Sauce, Chicken Donair, Onions, and Tomatoes

19. Mr. Beef Donair

Sweet Sauce, Beef Donair, Onions, and Tomatoes

20. Mr. Veggie Donair

Sweet Sauce. Mushrooms. Onions. and Tomatoes

TEEN SPECIALS

Pepperoni Pizza

Pepperoni, Cheese, and Sauce

Cheese Pizza / Margherita Pizza

Cheese and Sauce









12" | \$14

Choice of Sauce



Roma's 403-515-0075
Pizzeria www.romaspizzeria.ca

Pepperoni, Salami, Ham, and Bacon

BBQ Sauce, Chicken, Red Peppers,

21. Italian Cowbov

22. Barbecue Chicken

23. Sweet Cheese Pizza

Onions, and Mushrooms

House Sweet Sauce and Mozzarella Cheese

CHEESE STICKS

Pizza Sauce. House Sauce

CREATE YOUR OWN PIZZA (UP TO 4 TOPPINGS)

Jalapeño Peppers **Green Olives** Pineapple Salami Italian Sausage

Onions Bacon Pepperoni Mushrooms Ham

Beef Chicken Tomatoes **Green Peppers Black Olives**

Fresh Garlic Shrimp Extra Sauce **Feta Cheese**

EXTRA TOPPINGS

EXTRA DIP

\$0.50

12" GLUTEN FREE CRUST

+\$5

SALADS

Greek Salad

Single | \$10 Double | \$15

Cucumber, Tomatoes, Onions, Green Peppers, Feta Cheese, Olives Tossed in our Original Dressing with Garlic Toast

Caesar Salad

Single | \$7 Double | \$12

Crispy Lettuce, Tangy Creamy Garlic Dressing, Topped with Homemade Croutons with Garlic Toast

Toppings for Pasta

PASTA

Baked Lasagna

with Garlic Toast

Single | \$12 Double | \$23

Additional \$1 for Each Topping Spinach, Feta Cheese, Ham, Pineapple, and Meatballs*

Oven-Baked with Tasty Homemade Meat

Sauce, and Parmesan and Mozzarella Cheese

*Additional \$1.50

WINGS ZONE

12 Wings | \$11

Honey Garlic Lemon Hot Pepper Hot Buffalo

House Sauce Salt and Pepper Oregano Hot

SOFT DRINKS

1 Can | \$2 2L Bottle | \$3.95

WE DO CATERING

Please call us a day in advance

ORDER ONLINE



We accept







Prices subject to change without notice. All prices include GST.

DESSERT

Baklava

\$1.50 each 4 for \$5

PIZZA BY THE SLICE

1 Slice I \$4

STAY CONNECTED

o romas.pizzeria



HOURS OF OPERATION

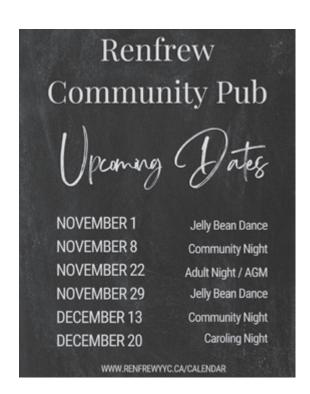
Monday **Tuesday to Thursday** Friday

11 am - 8 pm 11 am - 10 pm

Saturday

11 am - 11 pm 12 pm - 11 pm

Sunday & Holidays 4 pm - 9 pm



RENFREW COMMUNITY ASSOCIATION

WE ARE LOOKING FOR

BOARD MEMBERS

Join the Renfrew Community Association Board! **

We're on the lookout for enthusiastic community members to fill some exciting board vacancies: Vice President External, Vice President Operations, Planning and Development, and Transportation and Mobility!

If you're passionate about making a difference and want to be part of a laid-back, fun team, this is your chance! No prior experience is needed—just a couple of hours a week and a monthly board meeting. Come share your ideas, make new friends, and help shape our community.

Ready to jump in? Email us contact@renfrewyyc.ca to learn more!



ARE YOU OUR NEXT

Event Coordinator?

Passionate about planning and community? We're sacking an Event Coordinator for the Renfrew Community Association

contact@renfrewyyc.ca for more information



SPILL HE BEANS

Join our free 1-hour workshop to learn practical ways to save money on food and reduce waste.

Did you know that more than 60% of food in Canada goes to waste? Discover practical solutions to curb food waste, save money on groceries, and combat global warming. Dive into easy meal planning strategies and uncover secrets to sourcing affordable and local produce in Calgary.

November 20th, 2024 | 6:30 - 7:30 PM

Location: 811 Radford Rd NE, Calgary AB T2E 0R7
Hosted by Renfrew Community Association

City of Calgary



RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

RENFREW MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.





JOIN US IN DELIVERING RENFREW REFLECTIONS:

Do you look forward to receiving Renfrew Reflections every month? Get more involved in your community by delivering the monthly newsletter with Great News Media. Contact us today for this fantastic opportunity for kids, adults, seniors, and local businesses. Call 403-720-0762 or email sales@greatnewsmedia.ca.

YOURS TRULY, JOHNNY DRYWALL: A big thank you to all my neighbours and new friends for a fantastic year so far! If you have any drywall or ceiling repair needs, please call/text Brad at 403-771-5228. Estimates and advice are always free.



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SCAN THE QR CODE								

FOR THE SOLUTION



Beaumont Circus is getting a makeover! City of Calgary wants to create a space that is welcoming and memorable! They want your ideas!









2 Calgary Locations

North: 110-336 41 Ave NE NEW South: 3711 61 Ave SE

meowcharitythriftshop.com

BMAX BROKERS MERGERS & ACQUISITIONS We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted,

Services

- Preparation and Planning
- Valuation Analysis

qualified buyers.

- Marketing Strategy Development
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- Target Buyer Identification and Outreach
- Managing the Bid Process
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4308 Coronation Drive SW \$4,298,000



954 Drury Avenue NE \$1,899,900



8070 266 Avenue W \$1,800,000



141 Evergreen Way SW \$1,299,900



4722 21A Street SW \$1,299,900



#103, 2130 17 Street SW \$204,900