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.

LIMITED TIME OFFER



• 16TH AVENUE • EDMONTON TRAIL

NEW! COMMUNITY GIFT CARD PROGRAM



WE'LL GIVE YOU

JUST TO TRY IT

REDEEMABLE AT

Anime-Shun Autocrats The Beauty Lab Besties Floral Cafe Big Fish & Open Range Chinook Glass & Screen CHV Dental CIY | 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

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 PRESENTS:

HALLOWEEN JELLYBEAN DANCE

NOVEMBER 1 6PM-7:30PM

dedicated to Children 12 and under

* * * * * * * * *

CANDY RAYE

7:30PM - 9:00PM FOR YOUTH 12 AND UP ONLY!

\$5 PER PERSON \$20 FOR FAMILIES (UP TO 6)



RENFREW COMMUNITY ASSOCIATION

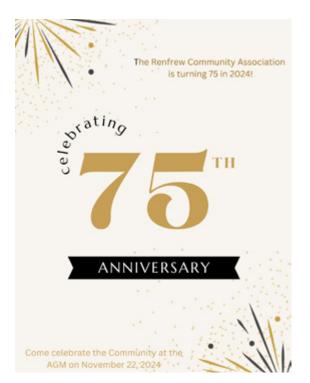


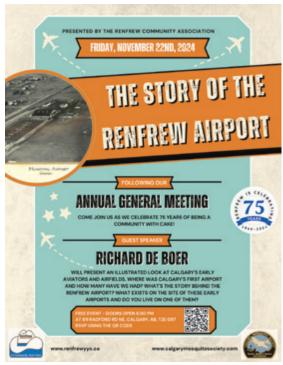
EXECUTIVE OFFICERS		
President	Mary-Grace Linton	president@renfrewyyc.ca
Vice-President External	Vacant	vp.external@renfrewyyc.ca
Vice-President Operations	Vacant	vp.operations@renfrewyyc.ca
Secretary	Vacant	secretary@renfrewyyc.ca
Treasurer	Shelly Platts	treasurer@renfrewyyc.ca
Past President	David Barrett	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 Eva Weckl	director1@renfrewyyc.ca director2@renfrewyyc.ca
HALL RENTALS		
Visit our website for details: www.renfrewyyc.co	a	hallrentals@renfrewyyc.ca
OTHER CONTACTS		
Renfrew Community Garden	Lisa	rcacommunitygarden@gmail.com
Tiny Tots Chair	Allison	tinytots@renfrewyyc.ca
Newsletter Editor	Mikki	newsletter@renfrewyyc.ca



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.









Renfrew Community Garden

Fall is squash season. If you're thinking, I had zucchini in August, is that not a squash? It sure is but fall brings to mind the winter squash family with their thick outer shells, unlike the easy to peel skins of the summer squash family that flourished in the RCG.

October brings a return to making winter squash stews and casseroles. Pumpkin pie is a tradition enjoyed at the Thanksgiving family dinner and around the neighbourhood eye-catching pops of colour are seen on doorsteps decked with winter squash. The pumpkin seems to be the favourite choice with its vibrant orange colour and its transformation into a jack-o'-lantern to scare off the evil spirits of Halloween eve.

So, I wondered, if the pumpkin is so popular in the fall, why are pumpkins not grown more in Calgary? The reason, you need a lot of space and warmth. June sometimes does not have the best weather for starting seeds and pumpkin seeds germinate best in very warm soil temperatures.

However, do not despair, pumpkin seeds may be started in small containers indoors then transplanted to large containers outdoors in June or July with a maximum of two plants per container. With a little time, deep watering, fertilizer, and love you should have a pumpkin to enjoy as a decoration or as protection on Halloween eve.

The Smiling Gardeners

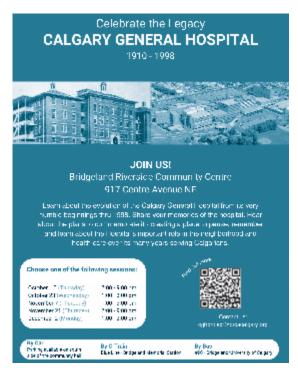
Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.

GAMES & PUZZLES

Guess the Colour!

- 1. This is the first primary colour a newborn can see.
- 2. Based on a worldwide study, this colour is the most popular favourite.
- 3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
- 4. This colour and red are thought to increase appetite.
- 5. The colour of night vision goggles.
- 6. Contrary to popular belief, this is the actual colour of the sun.







Roma's Pizzeria

Locally owned & operated

BACK-TO-SCHOOL PICK UP SPECIAL*

Two 12" Pepperoni Pizzas

> *For October and November only





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

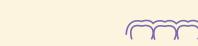
Fresh 5 is a flat rate option with five must-have treatments.

*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

Alternate Departure Headings Trial YYC

Airspace Change Community Consultation Report
— Alternate Departure Headings-Calgary Airport
Runways 17L and 17R.

Nav Canada has published and posted its final report in this regard under the above noted title. The following is a brief summary.

History: Southbound departing air traffic has historically predominantly used the west runway (17R) which runs close to Renfrew, Mayland Heights, Bridgeland, and Winston Heights with the minority of the southbound departing traffic using the east runway (17L) close to communities such as Marlborough, Rundle, Whitehorn. All nighttime southbound departures used 17R and so departed over Renfrew, Mayland Heights etc. This means that we have to deal with all the noise at night.

In response to continued requests for traffic equalization of southbound departures on the two parallel runways (17R and 17L) and in consideration of other factors, an alternate departure headings trial (also referred to as Jet turn trial) was initiated.

Trial: "Through increased overflight of non-residential land, the trial was anticipated to reduce the cumulative noise exposure for many communities south of the airport, while ensuring a safe and efficient operation. The alternate headings target areas of commercial use land on initial take off and allowing aircraft to gain more altitude before they are directly above residential areas when compared to the existing heading."

In partnership with the Calgary Airport Authority, Nav Canada commenced a trial in 2019 of alternate departure headings for aircraft departing runways 17L and 17R at Calgary International Airport (CYYC).

The consultation process ran from January 24, 2022, to March 11, 2022, and feedback was gathered from the public through an internet survey and public information sessions, and both were advertised by the Renfrew Community Association.

When considering the results of the survey, interactions with members of the public such as email/telephone conversations, and discussions during public meetings, there was a mix of support and opposition to the alternate

departure headings. Following the consultation, all input received was assessed and considered; many residents provided feedback about the greater impact of the trial during the overnight period.

Results: The following is the decision made by Nav Canada: "based on the overall benefits of reduced track mileage and the associated reduction in GHG emissions, permanent use of Alternate Departure Headings for departures from runways 17L and 17R should proceed but their use will be discontinued daily between the hours of midnight and 6:00 am (0000–0600) local time."

This means that if we do not make our voices heard, all southbound departing aircraft will continue to use runway 17R in the nighttime hours and the noise will continue to be concentrated over Renfrew.

To read the full report please access: www.navcanada.ca/en/air-traffic/airspace-reviews/calgary-alternate-departure-heading-trial.aspx.





Calgary General Hospital - October 4 1998... and Now

by Deb Lee, BRCA Heritage and CGH Commemoration Project Committee

The morning of Sunday, October 4, 1998, was a sunny, crisp day ablaze with the golden colours of the autumn leaves. Thousands of Calgarians, including many from Renfrew, had gathered on the upper escarpment along 7 Avenue and Tom Campbell's Hill. Others watched out their windows in downtown high rises. A no-fly zone had been declared over this part of the city but that didn't stop a hot air balloon from drifting into the area. The people waited. What was happening?

Calgarians were here to see the final chapter of the 88-year-old Calgary General Hospital. Shortly after 9:00 am, a button was pushed, the carefully laid explosives were detonated and the hospital imploded, completely falling to the ground in moments. The smokestack was the last to go. The crowds were mostly silent, some people wept... it was not a happy day.

The fate of the 900- bed hospital had been decided in late 1990s. In an atmosphere of cost cutting, the General and two other Calgary hospitals (Holy Cross and the Grace) were closed after it was determined that Calgary had too many hospital beds. The others were sold but the General was slated for demolition. Most patients and staff were transferred to the Peter Lougheed Hospital, and the doors of the hospital closed in late 1997. The next year was spent removing equipment, taking out asbestos and other materials in preparation for the implosion.

The implosion of more than 20 separate structures of "the General" gained Calgary the distinction of having the largest hospital to be closed and leaving our city without downtown emergency services. The implosion included an area of 84,000 square meters using 2,300 kilograms of explosives and earned accolades for the demolition experts.

The Bridgeland community had a role to play as well. With the hospital sitting in the middle of the residential and business community, safety measures had to be put in place. Irene Hammerling, whose father was a resident of the nearby Crossbow Care Centre, was on the committee. She recalls the careful planning and

logistics for that day. Large steel containers lined the streets, and heavy tarps were brought in to blanket nearby homes and businesses, protecting them from the impact and from potential debris. An evacuation centre was available for those from nearby homes. Fortunately, the implosion went without incident. Perhaps some Renfrew residents remember this fateful day.

Today the only reminder of the 900-bed city hospital is the memorial wall emerging from the Centre Avenue promenade, inscribed "Calgary General Hospital 1910 -1998." Since that time – 26 years ago – Bridgeland has changed, becoming home to many new people, most of whom have no memory or knowledge about the hospital's significance and its 88-year presence here.

To remedy this gap and the loss of remembrance of the important city landmark, Bridgeland Riverside Community Association has initiated the Calgary General Hospital Commemoration Project. The Committee is working toward some noteworthy improvements to the west end of Murdoch Park along the Centre Avenue Plaza between 7A and 8 Street. Features of the project include plaques that will tell the story of the General, along with a gazebo, additional seating, and lighting. The Calgary Parks Foundation is supporting the project.

If you'd like to learn more about the project, go to the Bridgeland-Riverside website - brcacalgary.org - and scroll down to the CGH information. You're invited to attend out CGH information sessions that will be happening during the fall.







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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

YOURS TRULY, JOHNNY DRYWALL: Your local drywall and texture repair specialist. We do many other minor & not so minor interior repairs. Estimates & advice are always free. Call or text Brad at 403-771-5228.

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.



403-714-0711 gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!





Time, Talent, and Treasure

We all have something to give – our time, our talents, and our treasure (money). Some have more of one than another, but we all have something we can give.

Community service is the price you pay to live somewhere, and everyone should get involved in their community in one way or another. In the end we all benefit when people in the community step up to help organizations, run events, and fill the gaps in community services.

One of the best ways to get involved is through existing community service organizations because they are experienced in our community and know where help is needed.

Your local community association is a great place to start because you will be helping and improving the very neighbourhood where you live.

However, there are also many other organizations that also do incredible work in our neighbourhoods like food banks, animal shelters, newcomer groups, and youth sports organizations.

You can volunteer locally but still be part of a massive global network if you join organizations like the Salvation Army, Calgary Lions Club, the Kiwanis Club of Calgary, or the Rotary Club of Calgary. Each organization offers a slightly different focus, so look around for the best fit for your interests.

Volunteering is something we ought to pass along to younger generations. Please consider inviting a young person out to your volunteer activities so that they can learn early the value of community service. Their enthusiasm and energy will liven up any gathering and the lessons they learn will be of life-long value. It's a win-win for all involved.

Finally, if you are not able to commit your time or your talents to any of the organizations above, please consider helping with a donation. Your donation can be monetary, or it could be with a life-saving blood donation. Afterall, these are the very people that make your community the place you proudly call home.

















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