

AUGUST 2025

DELIVERED MONTHLY TO 3,635 HOUSEHOLDS

RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



Time to Renew Your Mortgage?

Don't Settle – Discover Better Rates and Options! Get Ready to Save Big!



403-771-8771

anita@anitamortgage.ca

Great News Media

| Call 403-720-0762 for advertising opportunities

| www.greatnewsmedia.ca

**Reconnect!
Discover!**

Square Dance Program

Intro to Today's
Square Dancing

Winston Heights Hall

520 – 27th Ave NE

Tuesday, August 5,
12, 19 & 26

6:30 PM to 7:30 PM

FREE



OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

CONSIDERING MAKING A MOVE?

GET THE BEST PRICE WITH AN **EXPERT** BY YOUR SIDE!

CALL ME FOR YOUR COMPLIMENTARY HOME EVALUATION



**PRESIDENT'S
GOLD**

AWARD

☎ 403-607-9292

🌐 WWW.EMANCHEBLI.COM

✉ EMANCHEBLI@ROYALLEPAGE.CA

ROYAL LEPAGE
Benchmark

**EMAN
CHEBLI**
REAL ESTATE

RENFREW COMMUNITY ASSOCIATION



EXECUTIVE OFFICERS

President	Mary-Grace Linton	president@renfrewyyc.ca
Vice-President Social Room	Wade Belbin	social@renfrewyyc.ca
Vice-President Operations	Vacant	vp.operations@renfrewyyc.ca
Secretary	Angela Dang Atkinson	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	Eman Chebli	events@renfrewyyc.ca
Membership and Volunteers	Kitt Chanthaboune	membership@renfrewyyc.ca
Planning and Development	Rachelle Bugeaud	planning@renfrewyyc.ca
Transportation and Mobility	Jesse Hitchcock	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.ca	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.

SCAN HERE TO VIEW ADDITIONAL RENFREW CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Help Save Our Public Trees

You may have noticed that more and more of our mature, stately public trees (city owned) are being destroyed in the name of development. Unfortunately, public trees do not enjoy the level of protection we all think they do. Those public trees that are growing on boulevards are generally safe, although we have lost some of those as well. The challenge is that a large part of Renfrew does not have boulevards, so the public trees just seamlessly blend in with private lots.

The City of Calgary does not advise the Community Association when a public tree is due for removal or cutback, relying only on notices by posters to spread the word.

These posters are small and are often overlooked so the Renfrew Community Association has no sure way of determining how many public trees have been lost over the years. We are asking for your assistance!

A similar public notice poster is attached to city trees that are dead or beyond rehabilitation and are to be removed by the city. We are interested in keeping track of these.

If you see any of these public notices on any city trees in Renfrew, please advise director2@renfrewyyc.ca.

If you are interested in public trees, the city has an Urban Forest Map on its website – maps.calgary.ca/TreeSchedule/. You can enter any address to see if there are public trees located on that site. Information on what type of tree it is and the value the City of Calgary has put on that tree can also be found there.



Udder-ly Adorable

Cows have best friends! Humans aren't the only ones who know the importance of and reap the benefits of having a bestie. Studies have shown that the heart rate of a cow will slow, and they will be less stressed and calmer when they are with their best friend/favourite partner.

Renfrew Community Garden

Did you know that the scarecrow was used by the Egyptians 3,000 years ago in their wheat fields to scare away birds? I don't think we will see scarecrows in the prairie wheat fields but it is amazing that we still see them in gardens guarding over our fruit of labour. Sometimes, as an additional guard, silver tin foil plates or old CDs will hang from their arms too. I do wonder now, after 3,000 years, if the birds are wiser and know that the scarecrow is not human but a fun way to decorate our gardens and provide them with a perch so that they can sit and watch us toiling away in our garden which sometimes benefits them.



There are no scarecrows in the RCG but even without this garden guardian, RCG has had successful harvests. RCG has designated two garden beds this year that will be nurtured by volunteers and the fruit of this labour will be donated to the Calgary Food Bank in the fall. In 2024, RCG donation beds donated 34 pounds of carrots and beets and in 2023 greens, garlic, radishes, potatoes, tomatoes, and carrots were donated. A big thank you to our donation bed volunteers!

As summer starts to wind down and we are planning our last summer getaways we are also planning the harvest of your gardens. Fresh produce is delicious. As you gather and pick your vegetable crop, you may want to consider letting some of your plants go to seed. Ensure the seed is mature prior to picking and let dry. Store in an airtight container for your 2026 garden or a gift for your fellow gardener.

Happy harvest Renfrew!

The Smiling Gardeners



Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

LOOKING FOR VOLUNTEERS

Interested in helping to organize and run
a **CLOTHING EXCHANGE** event
at **RENFREW COMMUNITY CENTRE**



Please contact Lara Hogan at assistant@renfrewyyc.ca
with any questions or to sign up to help!

Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.



the Gutter Doctor®
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca



RENFREW PARADE OF GARAGE SALE

August 23, 2025

9am to 2pm



SCAN the QR Code to
register your Garage Sale!

Email events@renfrewyyc.ca or
call Eman at **403 607 9292** with
any questions



POPUPI PICNIC

MONDAYS
5:00PM – 7:30PM

☺ **ALL SUMMER FROM June 23rd – August 25th**

Renfrew Community Centre parking lot will transform into a tasty weekly hangout!

EVERY MONDAY food trucks will roll in around dinnertime for a Pop-Up Picnic!

Just bring your appetite, a picnic blanket or chair, and soak up the summer vibes. Stay tuned for the schedule!



www.renfrewyyc.ca

Letting Go of Space: A Guide to Downsizing

by Christopher Matlashewski, Calgary Realtor and Downsizing Specialist



Have you been thinking about downsizing lately? Maybe the kids have moved out and now you're walking past empty rooms every day. Maybe the yard work and upkeep just feel like too much. Or maybe you're ready to tap into the equity in your home and put it to better use—whether that's boosting retirement savings, traveling, or just simplifying life. Whatever your reason, if the home you're living in no longer fits the life you're living, you're not alone.

The idea of downsizing can be both exciting and overwhelming. Because let's face it, you're not just moving. You're sorting through years—sometimes decades—of memories. Deciding what to take and what to part with can feel like a full-time job. And even once you've chosen a new home, trying to figure out where everything goes can be just as stressful. Here's the good news: when you move into a more accommodating space, you're not taking everything—you're taking the best. The best pieces. The best memories. The things that truly matter. And today, I want to share a few simple, calming strategies to help take the anxiety out of downsizing and help you move forward with confidence.

1. Start by Defining What's Most Important

Begin by deciding on your non-negotiables. That might be a favourite reading chair, a family heirloom table, or your go-to sofa. Know what's essential before you even start packing or shopping for your next place.

2. Take Only Furniture That Truly Fits

Remember, you're not just eliminating space, you're

creating flow. In a smaller home, space needs to work for you. That means no oversized furniture. Make sure pieces allow for conversation without needing to raise your voice. Keep furniture heights consistent, as this helps the room feel cohesive and balanced.

3. Curate Your Artwork Thoughtfully

Choose one focal piece per room. Something meaningful and calming. And don't hang it too high—art should sit roughly at eye level when standing, not floating toward the ceiling. As with everything else, only the best comes with you.

4. Be Selective with Accessories

Accessories are where the memories live. But this is also the perfect time to let go of things that are broken, no longer relevant, or that you've outgrown. It's not that you're erasing the past but curating what moves forward with you.

5. Use Lighting to Reflect Your New Lifestyle

Lighting can completely change how your home feels. Think beyond just overhead bulbs. Use directional lighting, recessed lights, and well-placed lamps or mirrors to create warmth, highlight favourite spots, and help a smaller space feel bigger.

I get it, downsizing is more than just moving. It's emotional. It's a big change. But with a little sorting, a bit of planning, and the right support, it doesn't have to be stressful. And here's what I've seen again and again: the moment you step into your new right-sized home, you breathe easier. You feel lighter. You've brought the best with you. And you've made space for what's next.

Lake Windermere

by Garth Paul Ukrainetz

Through the Valley of Columbia
Ribbon blue flows from her hair
To her west the Purcell Mountains
On her eastside Rockies flair

Lovely lake, a charming daughter
Princess Windermere her name
Children playing, laughing water
Cooling heatwave summer game

Golden sunrise, glowing sunset
Alpine peaks tiara high
Fair her mirror of the valley
Gazing midnight starry sky

Gentle waves from glistened water
Holding sunshine near and dear
Captivating is the feeling
Princess true, Lake Windermere

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME



DOUBLE EAGLE II



In August of 1978, the first successful balloon flight across the Atlantic took place. The balloon, named **Double Eagle II**, departed from Presque Island, Maine and landed in France. The gondola of this incredible balloon is on display at the Smithsonian Air & Space Annex in Chantilly, Virginia.

Evaluating Online Health Information

by Alberta Health Services

Many Canadians go online to search for medical and health-related information. The internet is the first source of information for many people, before even speaking to a doctor or other healthcare provider.

Online health information can have many positive impacts on our health knowledge, behaviours, and well-being. Unfortunately, the quality and accuracy of online health information is not consistent, including social media where information quality can be very low.

Being able to evaluate online health information is an important skill.

How Do I Evaluate Online Health Information?

Use the steps below to evaluate the health information you find online.

- **Check the Date:** Look to see when the website was created or last updated. Health information should be up to date to make sure it is relevant and accurate. Even if the information has not changed, it should be regularly reviewed.
- **Check the Author:** Identify the author to determine if they have the necessary background, experience, or training to accurately discuss the topic.
- **Look For the Evidence:** Health information should be based on facts rather than opinion, rumours, or personal stories. Authors and websites should clearly list their sources, so that you can check the information for yourself.
- **Understand the Purpose:** Read a website's "About Us" page to understand the website's purpose and who runs it. Are they credible and unbiased? Be cautious of websites selling a product. Their information may already be biased, as the goal is to make profit rather than present clear facts. Often product claims are too good to be true.
- **Be Critical of the Details:** Be skeptical of websites that look outdated, contain broken links, or have spelling and grammar errors. Patient information should be written in plain language, making it easy to follow.



- **Protect Your Privacy:** Be careful when sharing your personal information. Look for a privacy policy to find out how and why your information is being used, stored, or shared.

You should carefully consider the source of the information you find on the internet and discuss that health information with your healthcare provider.

Learn more about evaluating online health information from <https://acalibrary.libguides.com/friendly.php?s=patients/evaluatingohi>.

Misinformation and Disinformation

Finding information online is faster and easier than ever before. While the information you find online can often be helpful and trustworthy, it is important to keep in mind that the internet also allows for rapid and widespread distribution of false and misleading information.

As you look online for health information, you need to watch for both misinformation and disinformation.

- Misinformation is inaccurate information. In other words, it means getting the facts wrong.
- Disinformation is false information that is deliberately meant to mislead.

Getting Help

Alberta Health Services Knowledge Resource Service library staff are available at healthcare facilities across the province. They can work with you to help you find and evaluate online health information.

The Knowledge Resource Service also offers a free online course for patients and caregivers on evaluating online health information. Find more information and register at: krs.ahs.ca/patients/evaluatingohi.

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



Thank you for supporting us with your donation!

Renew your Renfrew Community Membership Now!

Time to renew your annual membership valid from July 1st to June 30th. 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 the QR code
or go to
www.RenfrewYYC.ca



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.

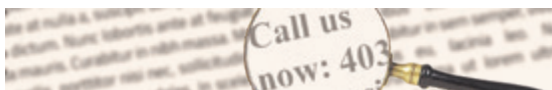
LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

YOURS TRULY, JOHNNY DRYWALL: Your neighbourhood drywall and texture repair specialist! Having your Poly B replaced? Is now the time for drywall repair and/or texture repair? We can also repair other things associated with water leaks, or help with minor renovations. Call or text Brad at 403-771-5228.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

EXPERT RENOVATIONS & PROPERTY MAINTENANCE SOLUTIONS: Interior/exterior; simple fixes to more complicated projects. Plumbing & electrical fixes; full reno for bathrooms, kitchen upgrades & more. Specializing in older homes, pre-sale updates, stone & tile work installations & maintenance. Local, licensed, insured. We offer free consultations. Property Managers welcome. Call 403-992-5574.

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.



**BRAIN
GAMES**

SUDOKU

3		4	1					
			5		2	6		7
			9			4		
9			4				1	
6	5			1			7	4
	3				8			9
		9			5			
5		3	2		1			
					4	1		3

**SCAN THE QR CODE
FOR THE SOLUTION**

Thinking of buying or selling a home in this community?

Contact your local real estate expert to
get started.

Zach Terlier

REALTOR | FRIEND | NEIGHBOUR

403.818.2896

info@terliergroup.ca

www.terliergroup.ca



SCAN to check
out how we're
using creative
marketing
videos to get
properties sold.



real