

FEBRUARY 2025

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RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



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Word of the Month
Eudaemonia: noun (yoo-di-moh-nee-uh)
 Happiness, well-being, good spirit.
We are all trying to experience Eudaemonia.

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Coming to Calgary in early 2025

help keep families together

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RENFREW COMMUNITY ASSOCIATION



EXECUTIVE OFFICERS

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HALL RENTALS

Visit our website for details: www.renfrewyyc.ca hallrentals@renfrewyyc.ca

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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Meet Our New Hall Rentals and Events Coordinator: Randy



Hello Renfrew Community!

We're excited to introduce Randy, the newest member of the Renfrew Community Association team. With his background in hotels and hospitality, Randy is ready to take on the important role of handling all the rentals and events at our community

centre, while also managing the upcoming renovations that will modernize and refresh our space.

These renovations will breathe new life into the facility, making it an even better venue for the community's events and gatherings. Whether you're looking for a place to host a birthday party, band rehearsal, family gathering, or something else, Randy is here to help. Did you know that our centre offers spaces for rent to both members and non-members? (Although we encourage you to become a member!) Our rates are affordable, and Randy would love to give you a tour and walk you through the booking process.

To inquire about a rental or ask any questions, you can reach Randy at hallrentals@renfrewyyc.ca. And if you see him around, don't hesitate to say hi!



50 WORDS

Most people are familiar with the imaginative children's author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn't be able to write a good book for kids using only 50 different words... guess he proved them wrong!



YOUR CITY OF CALGARY

Protect Your Household Water Lines and Meter from Freezing

by *The City of Calgary*

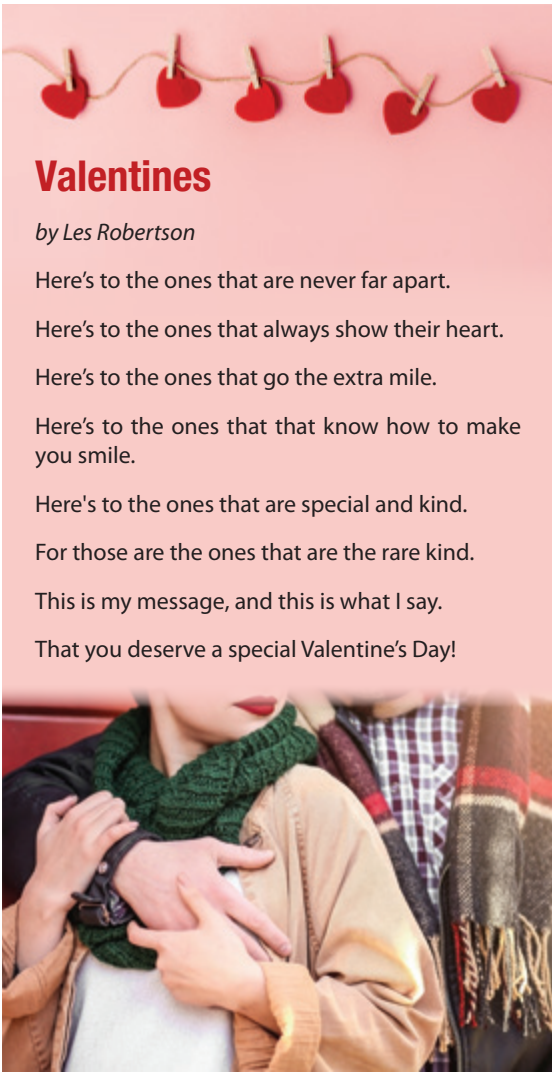


Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.



Valentines

by Les Robertson

Here's to the ones that are never far apart.

Here's to the ones that always show their heart.

Here's to the ones that go the extra mile.

Here's to the ones that that know how to make you smile.

Here's to the ones that are special and kind.

For those are the ones that are the rare kind.

This is my message, and this is what I say.

That you deserve a special Valentine's Day!



Please

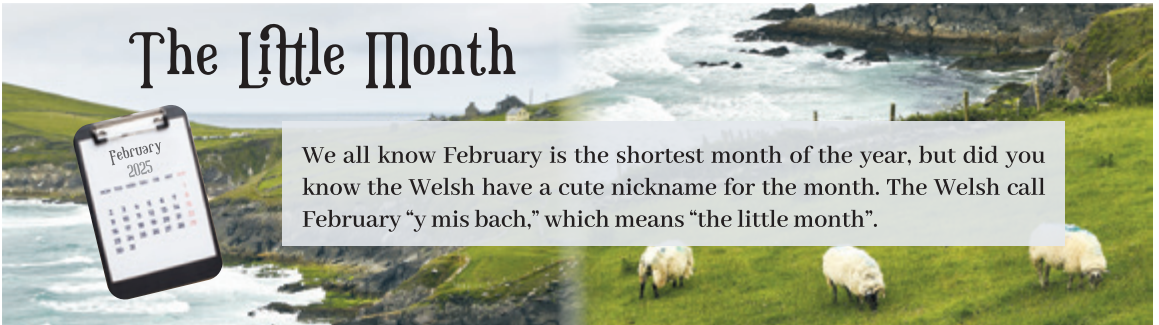
PICK UP
AFTER YOUR PET



Be Responsible
Or Train Your Dog to Be!

Thank You!

RENFREW COMMUNITY ASSOCIATION



The Little Month



We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February "y mis bach," which means "the little month".

Celebrate the Season at Chinook Blast, Calgary's Winter Festival

by *The City of Calgary*

Chinook Blast is back for its fifth year, running from January 31 to February 17, 2025. This beloved winter celebration is a must-attend tradition, drawing Calgarians and visitors alike to discover Calgary and its downtown in a whole new way.

This year's festival will once again showcase the city's creativity and community spirit with a spectacular lineup of events and experiences for all ages. From live music performances to thrilling outdoor sports, captivating art installations and unique cultural experiences, there's truly something for everyone to enjoy.

Whether you're exploring downtown, discovering local artists, or simply embracing the winter magic with friends and family, Chinook Blast is a perfect way to warm up Calgary's coldest season!



Mark your calendars and don't miss out on this incredible winter tradition. Visit chinookblast.ca to learn more.

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Benchmark

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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 this QR code or go to
www.RenfrewYYC.ca



Swish ORAL CARE



New Year, New Smile

Start 2025 right with
Invisalign and Botox at
Swish.



swishoralcare.ca

[@swishoralcare](https://www.instagram.com/swishoralcare)

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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, now open!

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 or University District.

After a busy holiday season, it's time to hit reset. Resolve to look and feel your very best this year with Swish!

Book your free Invisalign or Botox consultation with our team.



Invisalign

The clear alternative to braces is here at Swish. Wondering if Invisalign is right for you? Book in for a free consultation with our team! Each consultation includes a complimentary Invisalign scan with Smile View Technology to preview your progress.

Botox & Dysport

Yep – we do Botox™ and Dysport™ here. From teeth grinding to jaw clenching, frown lines to lip flips, Botox™ and Dysport™ can be used to treat a variety of functional and aesthetic concerns. Most importantly, our team is certified to administer injectables safely and effectively – and consultations are free. Book in now!

Scan here to book your
free consultation:



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Swish specializes in all things dental for all ages, from essentials to emergencies.



The Essentials

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



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Dental Work

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



Cosmetic Dentistry

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



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



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Find us online:



swishoralcare.ca

bridgeland@swishoralcare.ca



@swishoralcare

Renfrew Community Association Presents:

Family Skate

Monday, February 17th

2 PM - 4 PM



Join us for Skating, Hot Chocolate and
Family Fun

For More Info www.renfrewyc.ca

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!

Renfrew Community Association Presents :

Makers Mingle

Let's Craft!

811 Radford Rd. N.E.



Bring a craft or project you're
working on and join us in the social
room for a drink and a chat!

Every second Wednesday from 6PM -9PM
Starting December 11th



COME SAY HI



COMMUNITY COFFEE TIME

JOIN US
WEDNESDAYS!



STARTED
OCTOBER 17

RENFREW
COMMUNITY ASSOCIATION

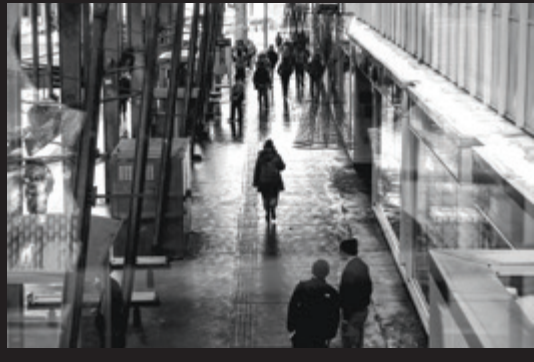
FROM 2:00PM - 4:30PM

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Photo Gallery

by Khoa Nguyen



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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.

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.

Joke of the Month



Why aren't dogs good dancers?

They have two left feet.

TINYTOTS CO-OP PLAYGROUND

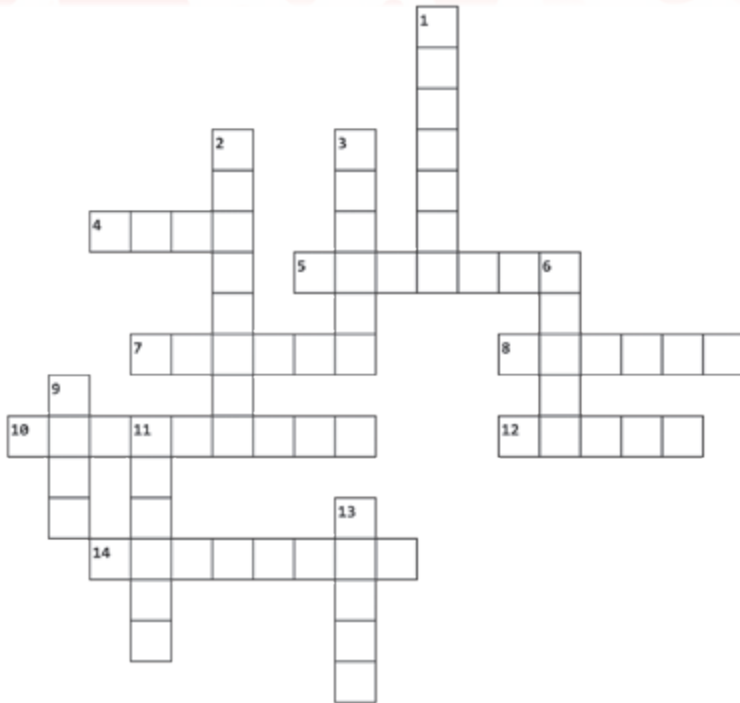
9:30am - 11am

Thursday & Friday

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

FREE

February Crossword



Across

- Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
- Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
- Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
- On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
- Something that is typically given to a significant other or friend(s) during the month of February.
- February is National _____ Month, highlighting the importance of cardiovascular health.
- Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

- In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
- February's purple birthstone, the _____ is believed to be a symbol of protection.
- The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
- 2025's Chinese Zodiac is this slippery, slithery creature.
- Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
- Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
- _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



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