# RENFREW reflections







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## **VOTE ALISON KARIM MCSWINEY**

**FOR WARD 9 COUNCILLOR** 

#### YOU HAVE A RIGHT TO BE SAFE

I will prioritize the safety of Ward 9 communities.

### REVERSE BLANKET REZONING

We need planning that respects context and community character.

#### **BACK TO BASICS**

Focus on municipal responsibilities. Deliver services effectively and affordably.

#### **I WILL LISTEN**

I will continue to honour the wisdom of neighbours and the power of community.

More than 25 years of experience.

www.AlisonForWard9.ca





## RENFREW COMMUNITY ASSOCIATION



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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.





#### **Clear Aligner Therapy**

Invisalign® takes a modern approach to straightening teeth that allows you to live your life the way you want while you gain confidence that comes from a better smile. The removable aligners mean you can continue doing all the things you normally would, from eating and brushing, to feeling comfortable in every social occasion.

- Clear aligners are virtually invisible, so most people won't even know you're wearing them.
- Aligners are removable for easy cleaning so you don't have to change how you brush and floss.
- Smooth and comfortable aligners eliminate cheek and gum irritation.
- Special occasion coming up? No problem! Just take your aligners out and pop them back in when you're ready.
- Free consultations to see if Invisalign is right for you.





#### AT ALPINE DENTAL WE GIVE YOU A REASON TO SMILE!



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





### Dentistry with a Personalized, Caring Approach.

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.

Brelde - Dr. Laura Brescia

All services are provided by a general dentist.

**Open Evenings & Saturdays** 

Find Out More: alpinedentalcare.ca

(403) 294-1077



#100, 180 9th St. NE

#### **Renfrew Community Garden**

There are two plants in the Renfrew community that are a common sight in the neighbourhood: peonies and rhubarb. One a flowering plant and the other a stalky vegetable with elephant ear leaves. However, both plants share traits that allow them to flourish in this community. Surprisingly both plants are native to Asia and came to Canada via European settlers. Although there are rhubarb plants native to North America, most species found in Canada are from Asia.

Both plants do well in cooler climates and survive the Calgary winters. These low maintenance plants, once established, are also drought tolerant. You can keep your peony plant looking fresh during summer by deadheading dead flowers and you can pick your rhubarb stalks until midsummer. Picking rhubarb stalks after early summer will decrease the plants energy needed to produce next year's crop. A good watering and fertilizing routine will also keep your plants healthy during the growing season. In the fall, you can cut down your peony plant to about six inches and remove and throw away the wilted rhubarb leaves and stalks.

If your peony plant becomes crowded or out grows its living space, in the fall you can divide this plant. If your rhubarb is not producing thick stalks you may want to divide this plant too. Rhubarb is best divided and planted in the spring.

Another interesting fact is both plants are edible. Peony flowers, in small quantities, are edible but the plant and root are not. Even though rhubarb stalks have a sour taste, the stalks are edible, but the rhubarb leaves are not. In all cases, it is good to double check if your plant is edible prior to consuming. So, enjoy your peony flower petals in salads or dessert garnishes and your rhubarb in a cinnamon compote or crisp.

I encourage you as you walk around the neighbourhood this fall to be on the lookout for these two plants that have survived in the neighbourhood for over 75 years and consider incorporating these two hardy plants into your garden next year to add to your culinary adventure or just to have some lovely greenery in your garden.













### **Annual General Meeting** and

**Energy Efficient Future** Introduction

Friday, November 7, 2025 7:00-9:00 pm **Renfrew Community Association** 811 Radford Rd NE

A FREE workshop to help you understand your home energy use and how to take steps to make your home more energy efficient

Everyone in attendance will take home a Energy Efficiency Kit that includes: weather stripping, window film, LED light bulbs, power bar, etc.

Register for your spot on our website.

www.RenfrewYYC.ca



**GREEN CALGARY** 



**ENMAX** 



## WE ARE HIRING!

### **Event Set Up and Take Down**

We're looking for **reliable teens** (or any community members!) to help with **event set-up** and take-down at the Renfrew Community Centre.

This is a casual position based on event bookings—mostly evenings and weekends, with some late-night shifts (11:00 pm-1:00 am).

You'll work as part of a small team to move tables and chairs (must be able to lift 40–50 lbs). A quick training session will be provided, and pay is minimum wage.

To apply, send an email to Lara at assistant@renfrewyyc.ca with a few sentences about why you'd like this gig and what makes you a good fit.

We'll be hiring on a rolling basis until we've built a strong team, with shifts starting in late August—so don't wait!

881 Radford Rd. N.E.

RENFREWYYC.CA





## Your Spring Reset Starts Here.

Want to freshen things up? We've got you. Cleanings, whitening, Botox, and Invisalign at Swish.



### 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, 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.

## Fresh 5 vs the Essentials

New to Swish? We've got 2 starter packs to get your oral care in perfect shape and ready to go.



#### The Essentials

The Essentials is our comprehensive care package, designed to help you find that perfect balance between self care and health care. Your appointment includes a dental exam (performed by a dentist), cleaning (aka scaling), X-rays (to prevent serious issues before they start), teeth whitening, and a 3D Wellness Scan (to keep an eye out for things like oral cancer).

#### The Fresh 5

The Fresh 5 is a flat-rate version of our essential services, featuring cavity-detecting X-rays and two units of scaling. We know there are many barriers to accessing oral care but your finances shouldn't be one of them. The Fresh 5 includes five must-have treatments and is great for anyone who has lapsed in visits to the dentist and is in need of a bit of catching up.

Both options are designed to keep your smile healthy and bright. Do you have more questions about which package might be the right fit for you?

Get in touch.

#### Say ahhh...

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.



#### Fresh 5

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



#### 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.



#### 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

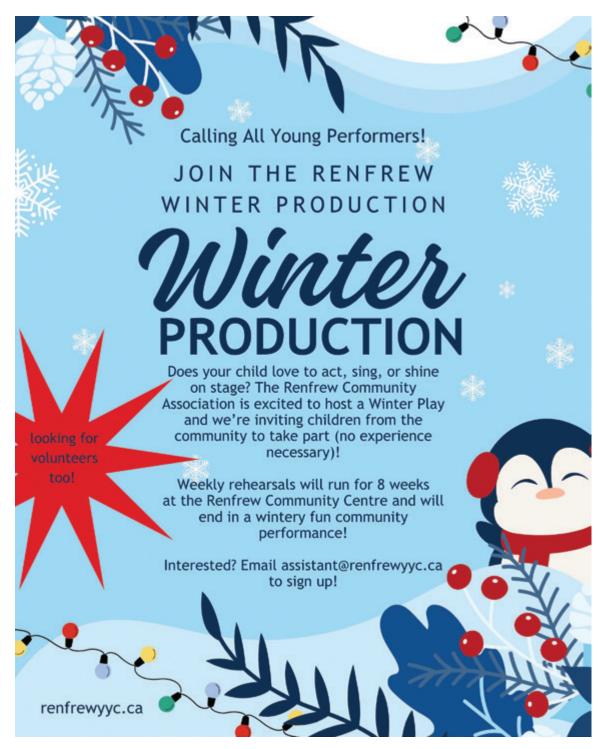
Find us online:



swishoralcare.ca

bridgeland@swishoralcare.ca





#### Renfrew Urban Forestry Update

#### **Replacing Renfrew's Lost City Trees**

Some City trees are dead or dying and need to be replaced. You may have noticed that many birches are in bad condition and some already have removal signs on them. We are collecting data on these trees, to ensure replacement. Let us know if you know of any in your area.

#### **Beaumont Circus Improvements**

We are trying to ensure that the Beaumont Circus reimagining honours both the historical and the natural aspects of the area. Please take every opportunity to encourage the planting of trees and greenery, in general, over concrete swaths.

#### **Renfrew Park Naming Project**

We are at the beginning stages of a project meant to identify and name the City parks currently in Renfrew. Some parks already have names identified with them, some names are official, some are not. We plan a great deal of community outreach in this regard, so stay tuned!

#### **Retaining Greenspaces**

With all the building going on in our community, we are attempting to identify and then secure any greenspaces from development. These are those spaces not identified as parks and so in greater danger of being lost.

#### **Protection of Private Trees**

There is currently no law enacted to protect trees on private land. The great majority of lots in Renfrew are completely razed of all trees and greenery for development. The existing bylaw for tree planting on infill developments is almost never followed. The good news is that a motion to implement new tools and incentives to encourage the retention, planting, and maintenance of trees on private property has been carried by City Council. No information on details or completion date yet but stay tuned.

Any questions or information can be sent to Eva at director2@renfrewyyc.ca.

Renfrew Community Assocation Presents:

Makers
Mingle

Let's Craft!

811 Radford Rd. N.E.

Starting back up this September!
Every second Wednesday of the Month

Bring a craft or project you're
working on and join us in the social
room for a drink and a chat!
Pub opens at 6:00pm

For more information email assistant@renfrewyyc.ca or renfrewyyc.ca







Renfrew Community Association:

## VOLUNTEERS NEEDED



#### Have a Passion for Arts and Crafts?

Renfrew Community Association is looking for crafty individuals to lead Craft Projects this fall at our Makers Mingle Events.

Makers Mingle is held every second Tuesday of the Month in the Social Room and is a fun informal gathering of crafters.

for more information please email assistant@renfrewyyc.ca

www.renfrewyyc.ca



Renfrew Community
Association Presents:



## Back to School Jelly Bean Dance

Friday, September 26th, 2025

6:00 P.M. - 9:00 P.M.

Live DJ, Prizes, Concession

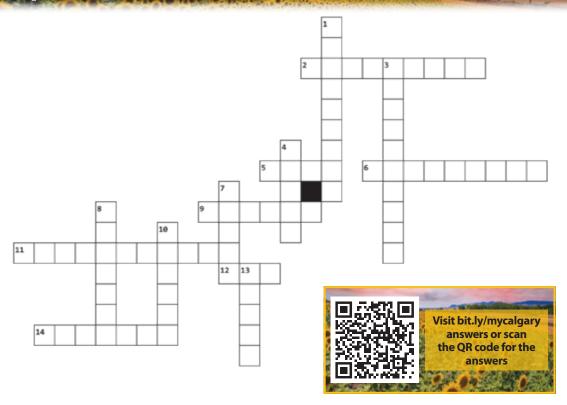
\$5/Person \$20/Family



For more info email assistant@renfrewyyc.ca

renfrewyyc.ca

### **September Crossword**



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- 2. Ernest \_\_\_\_\_\_\_'s *The Old Man and the Sea* was first published on September 1, 1952.
- September's full moon is named after a plant also known as maize.
- 6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the Islands.
- 9. *The \_\_\_\_\_ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
- 11. Ice hockey forward, John Tavares, was born on September 20, 1990, in \_\_\_\_\_\_, Ontario.
- 12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
- 14. Starring Canadian actor, William \_\_\_\_\_\_, *Star Trek* premiered on September 8, 1966.

#### Down

- 1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in \_\_\_\_\_\_, Ohio.
- 3. On September 19, 1893, this country became the first to grant all women the right to vote.
- 4. Canadian singer-songwriter Leonard \_\_\_\_\_ was born on September 21, 1934.
- On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
- 8. Canada beat the USA by 23 runs on September 25, 1844, in the first international \_\_\_\_\_ match.
- 10. On the first Monday of September, \_\_\_\_\_ Day is observed in Alberta.
- 13. Stars of *Bridget Jones's Diary*, Colin\_\_\_\_\_ and Hugh Grant, were both born in September 1960, just one day apart.

## **BUSINESS CLASSIFIEDS**

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

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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.

**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.

**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.

YOURS TRULY, JOHNNY DRYWALL: Hello neighbours, if you need drywall or texture repairs, call or text Brad at 403-771-5228. We also do minor and not so minor repairs inside and outside your home. Estimates and advice are always free. Yours truly, Johnny Drywall.

**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.



**PARTNERSHIP YOU CAN TRUST** 

"Ward 9 deserves a Councillor that listens and empowers communities. I will be your partner at City Hall committed to transparency, fiscal responsibility, and genuine public engagement. Together we can build a city where you are heard, respected, and involved".

- **Balanced Development**
- City Infrastructure
- Accountability
  - Fiscal Responsibility
- **Empower Residents**
- **Public Safety**
- **Protect Green Space**

403-399-9943

Protect Heritage



www.marinaortmanforward9.ca October 20<sup>th</sup>, 2025 **Municipal Election** 





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