DECEMBER 2026 DELIVERED MONTHLY TO 4,850 HOUSEHOLDS

RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



THE WINSTON
GOLF CLUB

YOUR TABLE IS WAITING

DINING OPEN TO MEMBERS & NON MEMBERS
SCAN QR CODE FOR HOURS & RESERVATIONS

10% OFF YOUR FIRST VISIT
Bring this flyer to redeem.





ANITA MORTGAGE

Mortgage Renewal Coming Up?

Before you sign your renewal offer, see how refinancing could help you:

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SPIRITUS CHAMBER CHOIR
ANDREA CIONA • ARTISTIC DIRECTOR

RADIANT JOY

Sunday
13 December • 3PM
Christ Church Elbow Park

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Scan to see all the survey results

Great News Media 2026 Readership Survey, 11,104 respondents.

EAT WELL. SPEND LESS. SUPPORT OUR COMMUNITY.

GOOD FOOD BOX PROGRAM

COMMUNITY KITCHEN



SAVE ON FRESH PRODUCE EVERY MONTH

The Good Food Box Program makes healthy eating more affordable.

- Fresh fruits and vegetables
- Quality produce at a fraction of grocery store prices
- Convienient pick up locations

INCREDIBLE SAVINGS!

BOX OPTIONS

SMALL	$35.00
MEDIUM	$40.00
LARGE	$45.00

FOR MORE INFORMATION

To learn more about the Good Food Box Program and how to place an order, please visit our website.

LEARN MORE & TO ORDER VISIT

ckpcalgary.ca

QUESTIONS? WE'RE HERE TO HELP!

Filipe Carballo
403-538-3779
Filipe.carballo@ckpyyc.ca

Lorrie Herrick
403-538-7386
Lorrie.herrick@ckpyyc.ca

TOGETHER, WE BREAK THE CYCLE OF HUNGER.

RENFREW COMMUNITY ASSOCIATION

EXECUTIVE OFFICERS		
President	Mary-Grace Linton	president@renfrewyyc.ca
VP 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
Health and Wellness	Jhernelyn Parinas	wellness@renfrewyyc.ca
Membership and Volunteers	Kitt Chanthaboune	membership@renfrewyyc.ca
Planning and Development	Derek Coulter	planning@renfrewyyc.ca
Transportation and Mobility	Jesse Hitchcock	traffic@renfrewyyc.ca
Director at Large	Vacant Eva Weckl	director1@renfrewyyc.ca director2@renfrewyyc.ca
Events	Emily Whyte	volunteer@renfrewyyc.ca
Social Room	Brent Ward	social@renfrewyyc.ca
Community Garden	Kate Husted	garden@renfrewyyc.ca
HALL RENTALS		
Visit our website for details: www.renfrewyyc.ca		hallrentals@renfrewyyc.ca
OTHER CONTACTS		
Renfrew Community Garden	Vacant	rcacommunitygarden@gmail.com
Newsletter Editor	Mikki	newsletter@renfrewyyc.ca
Hall Rental Facilitator	Randy Burla	hallrentals@renfrewyyc.ca
Administrative Assistant	Lara Hogan	assistant@renfrewyyc.ca
Tiny Tots Lead	Allison	tinytots@renfrewyyc.ca

STAY TUNED



The Nutcracker

In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.





Join the Renfrew Community

Make a difference in your neigbourhood

- **Support local events**
- **Get access to resources and news about your community**
- **Unlock special pricing and valuable benefits**

Membership is $15 per family or $10 per adult
Go to www.RenfrewYYC.ca or scan the QR code.



YOUR CITY OF CALGARY

Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.

Renfrew Community Association

COMMUNITY HOLIDAY PAGEANT





Friday, December 18th

Pageant: 6pm-7 pm

Community Gathering: 7-8pm

Renfrew Community Association Hall

Purchase tickets here

WHAT IS HAPPENING AT

RENFREW COMMUNITY ASSOCIATION

JAN

2027

8 FRI

Sewcial

20 WED

Community Conversation: Alpha House

Connecting and engaging with vulnerable community members

21 THURS

Pack Walk

22 FRI

Family Trivia Night

29 FRI

Jellybean Dance

Tickets go on sale Friday January 8th

PUB OPEN EVERY FRIDAY 6-10PM

FOR FULL EVENT LISTING VISIT WWW.RENFREWYYC.CA/EVENTS

Renfrew Community Association is hosting:

BRICKS & BREWS

Fri. Dec 4, 2026

Doors Open @ 7pm



Community Night at our Local the Pub - Open to All Ages!

Bring a LEGO set to work on or come to play with LEGO provided. Local LEGO Lady and RCA President Mary Grace will be on site with some holiday themed building activities and her own few custom builds. All communities and members are welcome to come down, play with some bricks, enjoy good company and have a drink or two all together!





LEGO



Renfrew Community Association

www.renfrewyyc.ca

president@renfrewyyc.ca

Renfrew Community Hall, 811 Radford Rd NE, Calgary

RENFREW COMMUNITY PACK WALK

JOIN US FOR A RELAXED COMMUNITY GROUP DOG WALK- A CHANCE FOR AND YOUR PUP TO MEET THEIR NEIGHBOURHOOD PACK AND MAKE SOME *FUR-IENDS*

JOIN US THURSDAYS AT 6:30 P.M.

NOVEMBER 12
DECEMBER 10

MEET ON RENFREW COMMUNITY ASSOCIATION LAWN- WE'LL START THE WALK FROM THERE



A NOTE ON SAFETY

TO HELP KEEP THIS A SAFE AND ENJOYABLE EXPERIENCE FOR EVERYONE

- DOGS MUST BE COMFORTABLE AND SOCIAL AROUND OTHER DOGS AND PEOPLE
- ALL DOGS MUST REMAIN ON LEASH AT ALL TIMES
- DOGS MUST REMAIN UNDER OWNER CONTROL THROUGHOUT THE WALK
- PLEASE BE MINDFUL OF YOUR DOG'S BEHAVIOUR AND GIVE SPACE WHEN NEEDED
- IF ANY CONCERNS ARISE DURING THE WALK, THE WALK WILL BE PAUSED OR ENDED TO ENSURE THE WELL BEING OF DOGS AND PEOPLE

HAVE QUESTIONS? REACH OUT TO EMILY AT EVENTS@RENFREWYYC.CA

SEWCIAL CLUB

CONNECT, SIP & SEW

HOW IT WORKS:

- BRING YOUR SEWING MACHINE AND WHATEVER SEWING PROJECT YOU'RE CURRENTLY WORKING ON.
- SHARE SKILLS AND EXPERTISE WITH OTHERS.
- BUY A BEER, MAKE FRIENDS, RELAX AND FILL YOUR BUCKET

WHEN:

SECOND FRIDAY OF EVERY MONTH FROM 6-8:30PM

WHERE: RENFREW COMMUNITY ASSOCIATION HALL

WHO ITS FOR:

- SEWISTS WHO CRAVE COMMUNITY
- SEWISTS WHO HAVE AT LEAST A BASIC LEVEL OF SKILL (THIS IS NOT A CLASS)
- SEWISTS WHO ARE WORKING ON A PROJECT OF ANY KIND
- SEWISTS WHO ARE AGED 18+ (BEVERAGES AVAILABLE)

WHAT TO BRING:

- WHATEVER PROJECT YOU'RE WORKING ON
- YOUR SEWING MACHINE & TOOLS
- CASH OR CARD FOR A DRINK AT THE BAR
- AN OPEN HEART FOR CONNECTION AND CREATIVITY



FRIDAYS 6-8:30PM

NOVEMBER 13

DECEMBER11

QUESTIONS OR CONCERNS? REACH OUT TO EMILY EVENTS@RENFREWYYC.CA

Cold Weather Safety

by Alberta Health Services



Emergency Health Services Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior—cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Why Do the Holidays Bring Up So Much Emotion?

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



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.



It's Christmastime in Calgary

by Garth Paul Ukrainetz

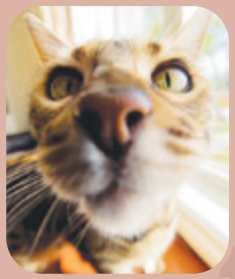
It's Christmastime in Calgary
In foothills west a silent night
The constellations fill the sky
Forever sharing starry light

The whitetail deer in Nose Hill Park
Prancing over city's glow
Sweet homes of dancing candlelight
Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow

Cats, Canines, & Critters of Calgary



Jasmine, *Mount Pleasant*



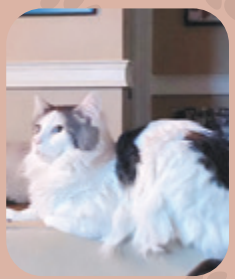
Jasper, *Arbour Lake*



Jewels, *Walden*



Kevin, *Acadia*



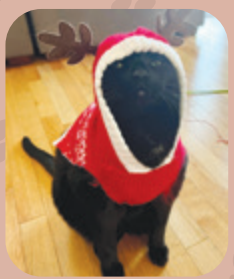
Lilly, *Millrise*



Princess Molly, *Acadia*



Sintra, *Midnapore*



Taco, *Woodbine*

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Joke of the Month

Who is the snowman's favourite relative?

Aunt Artica!



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