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HALL RENTALS

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

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Crime Statistics



Real Estate Statistics



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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
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any question

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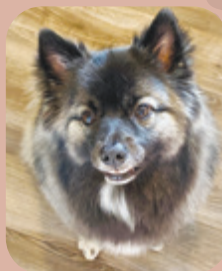
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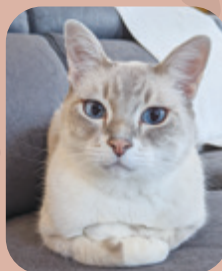
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No Yolk

Why don't eggs
tell jokes?

They might
crack up!



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



July Crossword



Visit bit.ly/mycalgaryanswers
or scan the QR code
for the answers

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

Renfrew Community Garden

Did you know that since 2009, the Calgary blue cart program recycled 930 million kilograms of material and since starting the blue cart and green cart programs, black garbage has decreased by 50%. As a gardener I was wondering if the 3Rs of waste management that have helped with the successful reduction of black garbage could be applied to gardening. As a reminder, the 3Rs stand for reduce, reuse, and recycle. However, times have changed since I was taught the 3Rs and now the list has expanded to include refuse, recover, repair, and many more. But it is summer, so let's keep this simple and focus on the 70s' 3Rs reduce, reuse, and recycle.

Reduce: This is a tricky sustainability action as one of the goals of gardening is to maximize output of the vegetable/berry harvest or the flower blooms. After considering the many inputs to a successful garden, one input that can be managed is watering. I am by no means a water conservation expert but consider this a friendly reminder that a timer can be used to keep track of how long you have watered your grass and garden. Twenty minutes always seems to fly by for us. Also consider collecting water during a rainy period to use in your container garden and investigating how much water your plants need. I know sometimes I am happily surprised that some plants do not need as much water as I thought and may even prefer a drier soil.

Reuse: Gardeners who keep their soil healthy, can reuse soil year after year. Grass cuttings can be reused as mulch to help keep your soil from drying out and Google says that grass cutting mulch will also suppress weeds and keep the soil warm. Plastic bottles or other plastic containers can be reused, by planting the bottle, with holes cut into it, to allow water to reach the plant's root level. I have also used plastic water bottles filled with water tipped outside down with the bottle opening buried in the soil to keep my pots from drying out while I am away for a couple of days.

Recycle: Composting. Need I say more. Ever wondered what those wired enclosures are next to the RCG garden shed? That is the RCG composting site. RCG has a composting committee that takes care of the compost piles for the RCG. So, if you are interested in composting and would like to join the RCG compost committee please send an email to rcacommunitygarden@gmail.com.

I would also encourage you to check out the City of Calgary Green Cart composting webpage to find out how Calgary residents can get free compost in the spring and please don't forget that plant containers marked with a recycling symbol of 1 to 7 can be placed in your blue cart or taken to the Renfrew Community Recycling Depot to be recycled.

Smiling Gardeners



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!



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

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 - <https://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.



Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!



BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes

Cook Time: 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ½ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

Renfrew Community Association

Bottle Drive



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www.renfrewyyc.ca



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Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver
Where are the arrows you hide deep inside
Take aim for the moon, let them fly thru the heavens
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver
Water flows pure from the mountaintops high
Your destiny's duty to guard and protect it
Transporting for all under big prairie sky

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While forward you lead, we'll be watching your back
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