

MAY 2019

DELIVERED MONTHLY TO 3,350 HOUSEHOLDS

# RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



We now offer direct billing to all Insurance companies.

# Dental care should be as tailored as a fine suit.

We all have our own style and we all have unique health care needs. That's why I believe that no two dental care strategies should be the same, and it's also why I spend the time with you that you deserve.

I want you to look great today, and have a dental plan that will keep you looking great for years to come. Give us a call, or better yet, come on in and see us.



- Dr. Laura Brescia



**BOTOX<sup>®</sup>**  
—Cosmetic  
onabotulinumtoxinA injection

There's only one BOTOX<sup>®</sup> Cosmetic

## Every great picture deserves a beautiful frame.

Like surrounding a work of art with a beautiful frame, BOTOX<sup>®</sup> can help to complement a smile makeover with a more youthful, relaxed, smoother, wrinkle free appearance. Did you know?

- BOTOX<sup>®</sup> treatments are painless and quick, with no downtime. You can be back at work right away, and nobody will ever know.
- Dr. Brescia also uses BOTOX<sup>®</sup> in the treatment of chronic headaches, migraines, TMD, and tooth grinding habits.
- As a doctor that is trained in BOTOX<sup>®</sup> procedures, facial anatomy, and smile design, you can be confident that Dr. Brescia will have you looking your absolute best.

All services are provided by a general dentist.

#100, 180 9th St. NE

(403).294.1077

alpinedentalcare.ca



ALPINE DENTAL

# CONTENTS

---

- 5      **PRESIDENT'S MESSAGE**
- 7      **RENFREW COMMUNITY CLEANUP**
- 9      **RENFREW BIKE FESTIVAL!**
- 11     **CRYSTAL PALACE GUIDES**
- 12     **VOLUNTEER APPRECIATION**
- 14     **THE MAPLE IN RENFREW**
- 16     **JELLY BEAN DANCE**
- 16     **CANDY RAVE**
- 17     **MP LEN WEBBER'S REPORT**



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 and the Renfrew 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 Renfrew Community and/or Residents' Association does 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.

Renfrew Reflections - Designed, manufactured, and delivered monthly to 3,350 Households by:

**GREAT NEWS MEDIA**   
LEADERS IN COMMUNITY FOCUSED MARKETING

**Magazine Editors**

Vanessa Gillard  
Alexa Takayama  
[news@greatnewsmedia.ca](mailto:news@greatnewsmedia.ca)

**Design | Graphics**

Rosemarie Bartschak  
Joanne Bergen  
Marina Litvak  
Freddy Meynard  
Carolina Tatar

**Advertising Sales**

Sam Brown  
Susan Lavoie  
Kay Petryk  
[sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca) | 403 720 0762

## 5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

### Nearby Community Newsletter Magazines:



**To Advertise Call 403 720 0762**  
**Email [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)**

**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING

## PRESIDENT'S MESSAGE

Well shoot, you turn around and the next thing you know it's May and we're getting ready to plant at the Community Garden! Memories of bitter cold January and February months are starting to fade as spring starts to take hold. Where does the time go? We're only a couple months away from our biggest event of the year; it's the annual Stampede day on July 6. If we haven't said it before, we can't say it enough that this event wouldn't happen without all of you...you the volunteers who help organize, plan and make it all come together before the event, as well as those who come out on the day and make it all run smoothly. If you haven't signed up yet to volunteer (we can use you from an hour to all day), please email Mary Grace at [volunteer@renfrewyc.ca](mailto:volunteer@renfrewyc.ca). The sooner you sign up, the less panic there is as we get closer to the date ;)

We do have to say how excited we are about the new things that have been taking place at the RCA. Mary Grace and the Events Committee continue to host popular events, as well as work on new ideas; Michelle and the Social Committee keep the Pub hopping on Friday evenings (did you know your kids can come and play shuffleboard with you); and then there are Board and community members alike who have been stepping up to organize or volunteer at one-time events like the very popular Provincial political debate (thanks David!), the Beaumont Circus Block Party (thanks Nathan & David!) and the Community Clean Up (thanks Heike!) to name a few. And I definitely don't forget about those members who dedicate time to help Planning & Development, the Finance Committee, Jelly Bean Dances and Tiny Tots run smoothly.

*Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.*  
~Author Unknown

Your Community Association runs on volunteers and as the other saying goes...many hands make light work! On the go are upgrades and planning with the functionality of the Hall; events to foster community for all of our neighbours; local area planning to shape the future of Renfrew and how we get there; and work on financial sustainability to name just a few. We are grateful to our members and volunteers but there is always room to grow! One of the oddities of community associations is that, though we try to represent everyone in the neighbourhood, we are ultimately accountable to our members -- especially those who attend our annual general meeting in November. The more residents who join our community association, volunteer their time and participate in our AGM, the more reflective we will be.

And that brings us back to our ongoing quest for planned succession of RCA Board positions! We have highlighted the Executive positions and the Director positions of Transportation & Mobility, Community Health & Wellness, and Membership. This month it's the Director of Planning & Development. In addition to the powers and duties that all Board Directors have including, among others of promoting the objects of and membership in the Association; maintaining and protecting assets and property; making policies and procedures; approving an annual budget; paying all expenses and receiving all revenues; authorizing employees; and ensuring compliance with the Bylaws and any legislation [see Section 6.2 of the Bylaws for a complete list], the Director of Planning & Development chairs the planning & development committee; keeps abreast of planning concerns and developments within Renfrew and the surrounding area that might affect Renfrew's residents; reviews development and planning permit applications ranging from home developments to building developments within Renfrew and surrounding areas; arranges public reviews and town hall meetings to gather public input into major building development applications or proposals; attends applicable meetings and relays the information back to the Board; proposes, as required, changes to the City Bylaws that affect residents of Renfrew; communicates with Ward 9 Councillor and City of Calgary delegates on area planning and development issues that affect the residents of Renfrew; works closely with the chair of the transportation & mobility committee respecting crossover issues, and in the absence of a transportation director, reviews and contends with traffic/safety issues in conjunction with the Board. It's a big job and an important role on the Board and within the community.

Each Director has their own detailed job description. Do not hesitate to contact [president@renfrewyc.ca](mailto:president@renfrewyc.ca) for a copy of the complete description. Just remember that if you are interested in a Board position, we need to know ahead of the November AGM as nominees will be presented by the Nominating Committee or if taken at the AGM, only appointed by the Board afterwards if there is a vacancy. Now would be the time to let us know if you're interested in helping make a difference in your community.

Make sure to follow the Renfrew Community Association on Facebook, Twitter and Instagram @renfrewca for the most up-to-date information!

**Notice of Board Meeting:** Next Board meeting is Tuesday, May 28 at 7 pm at the Hall. Members are welcome to attend.

# Stampede Time Again!

Wow it's that time of year again, the planning of Stampede Day festivities has begun. It is our biggest annual event, and it is always a stompin' good time! The day starts with (one of the city's best) pancake breakfast, where we plan to have the Fast Track Line again for RCA members and those with reusable dishes to jump the line. Our Kids Carnival full of lots games and a bouncy castle. The afternoon starts with a Horseshoe tournament, this year we are opening registration at 3pm and it will close at 3:30pm sharp, so if your team is not registered by 3:30 you will not be able to be added in later. The party continues outdoors with a canteen style BBQ for food and a saloon for drinks. The evening events then switch to adult only and the live music will start. So, don't miss this community party!

Of course, this huge event and will need community volunteers to help out, so please check out what jobs are open on the sign-up website [www.volunteersignup.org/HR7JD](http://www.volunteersignup.org/HR7JD) or email [volunteer@renfrewyyc.ca](mailto:volunteer@renfrewyyc.ca) to indicate what you're interested in. The more help the better! Some of the jobs are pre-party day, but most are on the day such as: cooking, serving, Kids Carnival, canteen help, selling tickets and so on. You can imagine the job we always find it hard to find volunteers for is the flip set up between breakfast to canteen & saloon, so this year if you sign up for this job and you show up, you will get an extra drink ticket from the RCA! Look forward to seeing y'all there!

~ Mary Grace Linton

Volunteer & Events Director for the Renfrew Community Association



## RENFREW COMMUNITY ASSOCIATION

### EXECUTIVE OFFICERS

President	Mikki Dergousoff <a href="mailto:president@renfrewyyc.ca">president@renfrewyyc.ca</a>
Vice-President External	David Barrett <a href="mailto:vp.external@renfrewyyc.ca">vp.external@renfrewyyc.ca</a>
Vice-President Operations	Ryan Macdonald <a href="mailto:vp.operations@renfrewyyc.ca">vp.operations@renfrewyyc.ca</a>
Secretary	Ian Lockerbie <a href="mailto:secretary@renfrewyyc.ca">secretary@renfrewyyc.ca</a>
Treasurer	VACANT <a href="mailto:treasurer@renfrewyyc.ca">treasurer@renfrewyyc.ca</a>
Past President	Lynne Engelman <a href="mailto:past.president@renfrewyyc.ca">past.president@renfrewyyc.ca</a>

### DIRECTORS

Communications	Maureen McNamee <a href="mailto:communications@renfrewyyc.ca">communications@renfrewyyc.ca</a>
Community Health & Wellness	Lisa Mulder <a href="mailto:wellness@renfrewyyc.ca">wellness@renfrewyyc.ca</a>
Events & Volunteers	Mary Grace Linton <a href="mailto:volunteer@renfrewyyc.ca">volunteer@renfrewyyc.ca</a>
Information Technology	Dennis Laird <a href="mailto:master@renfrewyyc.ca">master@renfrewyyc.ca</a>
Membership	Michael Leboldus <a href="mailto:membership@renfrewyyc.ca">membership@renfrewyyc.ca</a>
Planning & Development	Nathan Hawryluk <a href="mailto:planning@renfrewyyc.ca">planning@renfrewyyc.ca</a>
Social Room	Michelle Harris <a href="mailto:social@renfrewyyc.ca">social@renfrewyyc.ca</a>
Transportation & Mobilit	VACANT <a href="mailto:traffic@renfrewyyc.ca">traffic@renfrewyyc.ca</a>

### COMMITTEE CHAIRS

RCA Community Garden	Lisa & Heike <a href="mailto:rcacommunitygarden@gmail.com">rcacommunitygarden@gmail.com</a>
Jelly Bean Dances (gr K-5) Candy Raves (gr 6-9)	Michael & Mary Grace <a href="mailto:renfrewjellybean@gmail.com">renfrewjellybean@gmail.com</a> <a href="mailto:renfrewcandyrave@gmail.com">renfrewcandyrave@gmail.com</a>
Tiny Tots Co-op Playgroup	Chrissy & Aleisha <a href="mailto:rca-tinytots@hotmail.com">rca-tinytots@hotmail.com</a>
Airport Community Consultative Committee	Eva c/o <a href="mailto:contact@renfrewyyc.ca">contact@renfrewyyc.ca</a>

### HALL RENTALS

Visit the website for details	<a href="http://www.renfrewyyc.ca">www.renfrewyyc.ca</a> Shannon Kelsick <a href="mailto:hallrentals@renfrewyyc.ca">hallrentals@renfrewyyc.ca</a>
-------------------------------	---

# Renfrew Community Cleanup

Sat. May 25, 2019

9 am to 2 pm

City Trucks • Salvation Army Truck  
Yard Waste • Metal Collection  
Electronics • Bottle Drive

Volunteers are required email: [volunteer@renfrewyyc.ca](mailto:volunteer@renfrewyyc.ca)  
More Information on Community Cleanups  
[www.calgary.ca](http://www.calgary.ca)

## REJOICE. LIFE'S SMALL VICTORIES.

*If you're without employer-sponsored benefits, we have a plan that fits your needs and your budget—so you can spend time enjoying the little things.*

 ALBERTA  
**BLUE CROSS**®

1-800-AB-CROSS | [ab.bluecross.ca](http://ab.bluecross.ca)

®\*The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan. ®Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. IP18-021 2019/04



**YARDLANDSCAPING** INSURED LICENSED WCB  
**Busters** BBB

Stone Patios • Raised Beds • Rock Walls • Synthetic Grass  
 Custom Decks & Fences • Rope Lighting • Water Rocks

**WEEKLY YARD CARE & YARD CLEAN-UP**  
 Aeration • Power-rake • Fertilizer • Gardening  
 Sod Installation • Rock & Mulch • Snow Removal  
 Window Cleaning • Gutter Cleaning • House Wash

403.265.4769 [YARDBUSTERSLANDSCAPING.COM](http://YARDBUSTERSLANDSCAPING.COM)




**RENFREW COMMUNITY  
 GARDEN COMMITTEE**

Did you know that the concept of community gardens (Schrebergarten) has been around in some parts of Europe for over a century? You can often find clusters of tiny houses surrounded by garden beds and lush hedges alongside roads or train tracks. Originally, they were established to give children the opportunity to play outside in nature. Gardeners often spend every free moment there and it's about much more than just growing vegetables. It's a retreat, it's a staycation where you connect with family, friends and the community. And, not seldom a place of fierce but friendly grilling (barbecue) competitions.

Back to your community garden...another growing season is upon us and all beds have been rented. We are sad to see some gardeners leave but are happy to welcome new ones this year. Now that the garden operation has shifted from building it to maintaining it, we will be busy tending to the plants in the swale and possibly planting more, combating relentless weeds and filling beds with more soil and compost. A work party for these tasks will be scheduled soon. The garden is officially open, however, most plants won't go in until after the May long weekend, once danger of overnight frost is gone.

If you would like to get involved in our garden, we always welcome more volunteers. Please send an email at [rcacommunitygarden@gmail.com](mailto:rcacommunitygarden@gmail.com) to connect with us. Thank you. Happy Gardening!

**BRAIN GAMES** **SUDOKU**

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

**FIND SOLUTION ON PAGE 10**

*A Pratte*  
 Guitars   
 & Strings

**STRINGED INSTRUMENT  
 MUSIC STORE**

REPAIRS — RENTALS - CUSTOM INSTRUMENTS  
 PARTS AND ACCESSORIES  
 AUTHORIZED YAMAHA DEALER

117 2750 3 AVENUE  
 403-207-5830  
[APRATTEGUITARS.COM](http://APRATTEGUITARS.COM)  
 BRING IN THIS AD AND RECEIVE 10% OFF\*

# RENFREW COMMUNITY ASSOCIATION PRESENTS THE RENFREW BIKE FESTIVAL!



**SAT. JUNE 1 AT THE HALL**  
**FREE PICNIC, BIKE DECORATING: 12:00-2**  
**KIDS BIKE PARADE: 1:30**

**OBSTACLE COURSE BIKE PARADE 12-2PM**  
**COMMUNITY RIDE (STREET RIDE) 1:30**  
**CHECK OUT FACEBOOK FOR DETAILS**



Contact [volunteers@renfrewyc.ca](mailto:volunteers@renfrewyc.ca) to volunteer

## Green Carts Spring into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit [calgary.ca/collection](http://calgary.ca/collection) to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.



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

## MEMBERSHIP SLIP

An RCA membership year runs from July 1 to June 30. The annual membership fee for single is \$10 and for family \$15. Seniors over 65 and students qualify for a 50% discount and no cost memberships are provided to those under the Fair-Entry Program (contact [membership@renfrewyyc.ca](mailto:membership@renfrewyyc.ca) for more details). Support your community association today. All residents are encouraged to support the RCA by purchasing a membership, so we can continue to foster a "community that cares"!



### RENFREW COMMUNITY ASSOCIATION MEMBERSHIP

RCA Membership Single \$10 Family \$15  
Cheque payable to Renfrew Community Association



Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Do you wish to volunteer? Yes \_\_\_\_\_ No \_\_\_\_\_

I give my express consent to receive emails from RCA regarding upcoming events and other pertinent community information.

Signature: \_\_\_\_\_

**Please complete and mail/drop off to:**  
**RCA Membership, 811 Radford Road NE, Calgary, Alberta, T2E 0R7**  
**Or online at [renfrewyyc.ca/membership](http://renfrewyyc.ca/membership) (third party charges apply)**



## Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

*EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. [www.windowssafety.ca](http://www.windowssafety.ca)*

## News from the Girl Guides of Canada World!

Recently, many of our units have been very busy. The sun is shining, the snow is gone, and we are looking ahead to the summer. The 71st Girl Guides will be going to PEI this summer. If you've seen them around with bottle drives and other fundraisers, we greatly appreciate your support! We've also had units that have been to camp multiple times, gone on field trips, swimming, art studio, theatres, science expos and more since September. We also held a camp with the entire district of Crystal Palace which was approximately 80 girls.

Right now, the girls are focused on fundraising with their annual spring (chocolate/vanilla) cookies. We hope that you've seen us at your door recently or out in the community. Registration is starting for September 2019 too! Things are hustling in the Guiding world right now. If you're interested in registering with a unit, please visit [www.girlguides.ca](http://www.girlguides.ca) and follow the registration link! We are excited to have you join our growing Guiding community.



*Camp Kiwanis- District Camp (Crystal Palace 2019)*



If you haven't seen us for cookies and would like to purchase some or have questions, comments and/or concerns, please feel free to contact Meribeth Barclay at 403-874-7297 or [crystalpalacedistrict@gmail.com](mailto:crystalpalacedistrict@gmail.com)



# *Volunteer Appreciation*

*Sat. June 1, 2019*

*7 to 11 pm*

Community members welcome to honor our volunteers. Invitations to volunteers were sent by email. RSVP by May 17 if you plan to attend.  
Email: [volunteer@renfrewyyc.ca](mailto:volunteer@renfrewyyc.ca)

Cash Bar  Dessert  Savory Items  
Live DJ  Name that Tune  Prizes

**FREE**  
WHITENING

for life

**We are pleased to follow the  
Alberta Dental Fee Guide**

**Open Evenings and Weekends**

---

Invisalign™ | Implants | Veneers | Pediatrics | Sedation

 403.263.9014  [eastvillagedental.ca](http://eastvillagedental.ca)

 526 Riverfront Ave SE, East Village

 **EAST VILLAGE  
DENTAL**

# About Wine

by Nik Rasula

**About Wine** features wines not typically on one's shopping radar; Unique wines with a story - of people, place or style. It tells of artisans making reasonably priced wines (under \$50 retail) all the while demonstrating careful Earth consideration.

## 2017 Bodegas Verum (BV), Malvasia ([bodegasverum.com](http://bodegasverum.com))



**About the Region:** One hundred km southeast of Madrid, Spain, BV sits at 660 metres above sea level on the Castilla-La Mancha (C-LM) Plateau. High, flat and breezy, it features the largest area under vine, combined with the highest yield, of all the world's wine regions.

**About Terroir:** C-LM's Continental climate (hot summers/little rainfall), enables vigorous vine growth. Its calcareous stony soils providing effective drainage, arid conditions offering vine stress, prevailing winds contributing cooling and aeration.

**About the Estate:** Founded in 1788 by the López-Montero family, BV has traditionally grown the Airén grape for making higher-alcohol spirits (Orujo, brandy). In 2004, under direction of precocious son Elías, the family diversified into small-scale wine production.

**About the Winemaker:** After earning a Masters of Viticulture in Rioja, Elías interned at Aalto (Ribero del Duero, Spain) then at Bergkelder (Stellenbosch, S. Africa). Acknowledging C-LM's bulk-wine reputation—and recognizing its opportunities—the then-24-year-old inquisitive Spaniard embarked on improving reality; through strategic planting, better vineyard management and selective yield. Sectioning off the bodega, Elías planted varietals unfamiliar to C-LM (Graciano, Malvasia, Mazuelo, Tinto Velasco), with best production reserved for markets abroad. In 2018 (February), Decanter Magazine recognized Elías López-Montero's efforts, naming him one of its "Ten next-generation Spanish winemakers to know."

**About the Grape:** Pronounced "Mal-VA-sia," it can be either red or white. Partial to warmer climes, vine historians believe it to have originated on the Greek Island of Crete during the Middle Ages. Proliferated throughout the Mediterranean by Venetian traders; Malvasia is used to make Still, Sparkling (Champagnino/Italy), and Dessert (Madiera/Portugal) style wines.

**About the Wine:** Made from white Malvasia, the lovely golden appearance impresses. Viscous on the swirl, aromas of flowers and orchard fruits impress. On the palate, the nicely weighted tongue of ripe peaches and apricots leads into a crisp, mineral-based finish.

**About Pairing:** Gouda-stuffed chicken, seafood paella/linguine, fruit & cheese salad.

**About Closure:** Cork

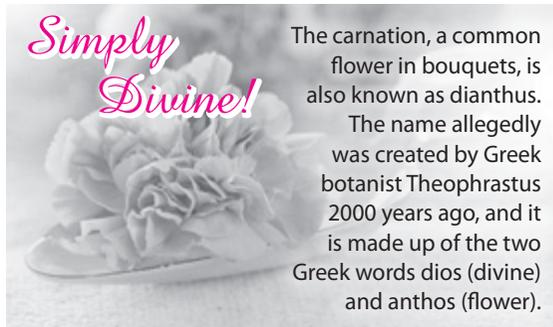
**About Sustainability:** Certified Organic (E.U.). Suitable for Vegetarian and Vegan diets.

**About Alcohol Level:** 13.5% (abv)

**About Availability:** Check [liquorconnect.com](http://liquorconnect.com) (call the listed store too) confirming availability.

CSPC #787716

*Simply Divine!*



The carnation, a common flower in bouquets, is also known as dianthus.

The name allegedly was created by Greek botanist Theophrastus 2000 years ago, and it is made up of the two Greek words dios (divine) and anthos (flower).



# The Maple in Renfrew Offers Permanent Supportive Housing For 25 Women

In December, the Renfrew community celebrated the grand opening of The Maple, a new affordable housing development involving HomeSpace Society, Calgary Homeless Foundation, RESOLVE, Homes By Avi and YW Calgary. The Maple offers 25 units of permanent supportive housing for women who have experienced homelessness or faced challenges in maintaining stable housing. The building's name was chosen by its builder, Homes By Avi, to symbolize strength and endurance.

This marks the eighth new building to be constructed through the RESOLVE Campaign as part of Calgary's 10 Year Plan to End Homelessness. Due to the critical shortage of affordable housing in Calgary, the opening is another big step towards ending homelessness.

YW provide The Maple's residents with 24-hour access to onsite case managers and counsellors to ensure the women have the support they need, when they need it. The program recognizes women's unique experience with homelessness and the intersectional factors that contribute to this experience. YW helps women build connections and community in order to reduce isolation and vulnerability.

"Women's homelessness is complex. Women will often couch surf or remain in abusive relationships to avoid becoming homeless," says Sue Tomney, CEO of YW Calgary. "It's also quite hidden from society. Our great team at YW provides 24-hour support to help women rebuild their lives."

The building's owner and property manager is HomeSpace, a non-profit real estate organization. HomeSpace works collaboratively with YW to ensure resident successes inside the building and in the greater community.

"We believe in a home for everyone in our community," says Bernadette Majdell, CEO of HomeSpace. "Our 'Hous-

ing First' model is not only the right thing to do, it also makes economic sense. By providing housing with supports, we are able to save the community a significant amount of money in the social-serving system of care."

The support of neighbours is critical to the community integration and success of any housing program. "Renfrew has been a most welcoming community," says Majdell. "Our staff and residents are looking forward to enjoying warmer weather and the outdoor community events that come with it!"

**got digital?**

**ACQUIRE AND RETAIN NEW CUSTOMERS.**  
Your Ad Geofenced Precisely in Your Target Market  
on our Carefully Selected Network of Premium Sites.  
Call 403-720-0762 | [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)



### Aging in Place

Most Canadian seniors want to remain in their own homes for as long as possible.<sup>1,2</sup> Canadians are living longer and are increasingly reaching the age of 100. Between 2006 and 2011, the number of Canadian centenarians increased by almost 26 percent, the second highest increase of all age groups, after the 60 to 64 age group which increased by 29 percent.<sup>3</sup> According to new data from the Office of the Chief Actuary, the average life span for Canadians aged 65 and above, is 87 for men and 89 for women.<sup>4</sup>

Aging in place means having access to services and the health and social supports you need to live safely and independently in your home or your community for as long as you wish or are able. If you are a near senior or senior who is thinking about aging in place and would like to know more about what you may need to do to prepare for your later years, this is for you. Thinking about the future and being prepared will help you to make the most of your later years and have more control over your decisions. Making a plan will give you the best chance to have a satisfying and positive experience as you age and will help you to age in place.

Each month we will review one of nine areas of life using a checklist to help you review your plan and to help you think about what you can do now to improve your life as you age.

This column is based on the experiences of people like you, who have shared their thoughts about planning and preparing for their older years. Thinking about what you would like your life to be like in 10, 15 or 20 years, and what you might be able to do now to give you more control over future changes, will help you to maintain your health and independence for as long as possible.

Having a plan to age in place could prevent you from having to make hasty decisions in the future, especially when dealing with change resulting from a crisis.

Plan for the future today to help you live the life you want tomorrow.<sup>5</sup>

### My Health

- This month we are going to use this checklist to assess your current state of health. Answer “**Yes**” or “**No**” to the following statements as they reflect your current state of health.
- I am physically active and do a variety of physical activities that I enjoy.
- I eat seven or more servings of fruit and vegetables in a day.
- I have a healthy body weight that has remained the same for the past six months.
- I schedule regular appointments for physical, vision, dental and hearing check-ups.
- I know what screening tests are recommended for my age and discuss these with my doctor.
- I do not smoke, or I have a plan to quit in the future.
- If I drink alcohol, I stay below the limits suggested for adults my age.
- I avoid alcohol when taking medication or check with a doctor or pharmacist first.
- I generally experience good mental health. I am aware of the signs and symptoms of depression/anxiety and if they continue, I will take steps to address them.
- I keep my mind active through a variety of interests and hobbies, such as reading.
- I know how to keep my bones healthy and strong and have discussed this with my doctor or other health care professional.
- I have talked with my doctor about my pre-existing medical condition and what services and supports I may need as I age.
- I am aware of my family’s medical history and have talked with my doctor about what I can do now to maintain my health and how my health care needs may change as I age.
- I am aware of electronic tools, such as medication reminders and health management systems that will allow me to remain healthy.
- I have written down my wishes for care in the event I become incapable of giving my consent.

**Yes** responses indicate those areas of your life where you are most prepared for the future. **No** responses indicate areas where you need more preparation to successfully age in place.

Review your **No** responses. These are the areas you may wish to reflect upon and try to make changes.

### Endnotes

1. Lifeline, P. (2011), *Lifeline report on Ageing in Canada* retrieved from [http://www.lifeline.ca/content/english/in\\_the\\_news/report\\_on\\_ageing](http://www.lifeline.ca/content/english/in_the_news/report_on_ageing)
2. Federal/Provincial/Territorial Ministers Responsible for Seniors (2011), *Issues related to the Aging population: Perceptions and Reactions – unpublished*
3. Statistics Canada (2011), *Centenarians in Canada: Age and sex, 2011 Census*, [http://www12.statcan.gc.ca/censusrecensement/2011/as-sa/98-311-x/98-311-x2011003\\_1-eng.cfm](http://www12.statcan.gc.ca/censusrecensement/2011/as-sa/98-311-x/98-311-x2011003_1-eng.cfm)
4. Office of the Chief Actuary (2014), *Mortality Projections for Social Security Programs in Canada*.
5. Federal/Provincial/Territorial Ministers Responsible for Seniors (2013), *Thinking About Aging in Place*. <http://www.seniors.gc.ca/eng/working/fptf/place.shtml>

## RENFREW AUTO PRO

Bring Ad in and Receive  
FREE Inspection with  
Oil Change

403-277-8621

1212 Edmonton Trail N.E.  
Calgary, Alberta T2E 3K5

[renfrewauto.ca](http://renfrewauto.ca)

## Password: Acorn1234



Squirrels are one of the top threats to power grids, so much so that the American Public Power Association tracks data of squirrel incidents which they call "The Squirrel Index." Some commentators have joked that squirrels are bigger cyber terrorist threats than foreign powers.

*Renfrew Community Association*

# Jelly Bean Dance

## May 24, 2019

6 to 8 pm

\$3 per youth  
Grades K to 5

Bring your own  
water bottle!  
*get from Acorn1234*

Prizes  
Live DJ  
Candy Bar

Fun for all Ages!

[renfrewjellybean@gmail.com](mailto:renfrewjellybean@gmail.com)



## Create-A-Scape Landscaping & Design

**Kent Sargeant**  
Certified Landscape Journeyman

### Full Landscape Service

Sodding | Retaining walls | Irrigation  
Tree & shrub planting | Tree pruning  
Landscape lighting | Pergolas / wood decks / fences  
Pavingstone patios and walkways

cell: 403-371-3440  
[www.create-a-escape.garden](http://www.create-a-escape.garden)



*Renfrew Community Association*

# Candy Rave

## May 24, 2019

8 to 10 pm

Prizes  
Live DJ  
Concession

\$5 per person  
Grades 6 to 9 only



*New*  
Must Pre-Register  
in advance to ensure the  
dance will happen. Email  
[renfrewcandyrave@gmail.com](mailto:renfrewcandyrave@gmail.com)  
to register for ticket(s).



Calgary Confederation  
**Len Webber, MP**  
2020 10 St NW, T2M3M2  
☎ 403-220-0888  
✉ len.webber@parl.gc.ca

# BUSINESS CLASSIFIEDS

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

## Just Words

I remember in school when a bully was confronted by a teacher after being caught picking on a fellow student. The bully said, "I'm not hurting anyone, they are just words."

What we witnessed during the recent election campaign and what we see on the internet every day is far worse than anything that I ever heard that bully say.

Words are as powerful as any weapon, as useful as any tool and their consequences can last a lifetime.

Over time I have noticed, and so have many others, that hateful, intolerant and offensive language has grown in usage and proliferation on the internet, social media and even in daily conversation.

As I said in the House of Commons ahead of Remembrance Day, "Tens of thousands of Canadians fought hate. They gave their lives to put down those who sought to reshape human existence through hate. They gave their future so that we could have one. There could be no greater dishonour to their memory and their sacrifices than for us to give up on the fight against hate. Yes, we have the freedom to speak our mind in Canada, but that freedom was found in the fight against hate. Let us not forget that."

This type of hate and intolerance exists throughout the political spectrum. Each justifying their own abhorrent behaviour against the behaviour of those they are in disagreement with. Two wrongs do not make a right.

As a society, it is time we take a stand against this type of behaviour. It is toxic and can have many lasting, unintended and deadly consequences. History is littered with examples of what happens when hate and intolerance are allowed to grow within a peaceful society. Eventually that society ceases to exist. Let's not follow those dark paths of history.

When I spoke about hate crimes in Parliament I said, "If you are not part of the solution, you are part of the problem." Please do something and take a stand against hate and intolerance in your own way.

We can no longer stand by ignoring the hate and intolerance of others while trying to simply dismiss their actions as "just words".

**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 officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

**BASEMENT WINDOWS R-US:** New or larger window openings – includes complete install. Digging, concrete cutting, material/dirt hauled away. Call 403-201-0317 or Cell 403-660-0612.

**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.

**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**THE GUTTER DOCTOR!** Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.

**INDEPENDENT SENIORS LIVING IN BRIDGELAND, BELOW-MARKET RENTS:** By Silvera for Seniors. Beautiful one- and two-bedroom suites with inner-city views in all directions. Six delicious dinner meals per month, cable and internet included. Exercise room, movie theatre, fireplace lounge and landscaped grounds. Let our placement team answer your questions! Call 403-567-5301. silvera.ca.

**Bridgeland Daycare & After School Program**  
 www.bridgelanddaycare.com

Drop-in available!

Accredited Non Profit Daycare Offering:  
 Hot Lunches - Qualified Caring Staff  
 Ages 19 months - 12 years

**SPACES AVAILABLE NOW**

Receive 20% off the first month's fee when you mention this ad.

736 McDougall Court N.E.

Call Nora or Laurie 403-261-7650



**Want a Safer Community? Get to Know Your Neighbours!**

A great crime prevention tool is simply saying "hi" to your neighbours. The more interactions neighbours have with each other forms community relationships that will help increase neighbourhood safety. Here are three reasons that being neighbourly builds a safer community:

**Belonging**

Knowing your neighbours can increase a sense of belonging and respect. When neighbours have a relationship, neighbourly tension and community disputes can be reduced.

**Be Alert!**

If an emergency does arise, when you know your neighbours you can readily identify those who may have special needs, mobility issues, or those who need additional assistance.

**Attitude Shift**

Many neighbours watch each other but what if we change our attitude to watching out for our neighbours instead?! Watching out for your neighbours could make the difference in reducing criminal activity. When you can rely on the people who live closest to you it increases your sense of safety and prevents crime.

A great way to start to build a relationship is by using a *My Neighbour Card*

**BRIDGELAND DENTAL CARE**

Welcome to your neighbourhood Dental Clinic!

Caring for Bridgeland and area for over 10 years

Opening early mornings  
 Evenings and Saturdays  
 Insurance plans accepted  
 Emergencies accommodated promptly

Dr. Sandon Wiedemann

403-262-1581 | 939 General Avenue N.E. | Calgary, Alberta  
 www.bridgelanddentalcare.com

My NEIGHBOUR Card  
 GET TO KNOW YOUR NEIGHBOURS!

HOUSE # _____ NAME _____ PHONE _____	HOUSE # _____ NAME _____ PHONE _____	HOUSE # _____ NAME _____ PHONE _____
HOUSE # _____ NAME _____ PHONE _____	MY HOUSE	HOUSE # _____ NAME _____ PHONE _____
HOUSE # _____ NAME _____ PHONE _____	HOUSE # _____ NAME _____ PHONE _____	HOUSE # _____ NAME _____ PHONE _____

If you would like to grab some *My Neighbour Cards* for your street stop by our office at #110, 720 – 28 Street NE.

# MEDICAL CANNABIS CLINICS



## ACCEPTING NEW PATIENTS IN CALGARY

**Improve your health  
and wellness with Leaf Wise**

Book an appointment online today



LeafWise

[leafwise.ca](http://leafwise.ca)

# WANTED

Seeking Renovated Bungalows and 50 ft or larger R2 zoned lots in Renfrew for qualified buyers!



## Featured Listings



## TNTTEAM

ZACH TERLIER, JACQUIE & FRANK TROUGHTON  
RE/MAX REAL ESTATE (CENTRAL)

Thinking of buying or selling?

**CONTACT YOUR  
LOCAL EXPERTS**

**#206, 2411 4 St NW**

**www.TNTTEAM.ca**

**403-818-2896**

