

JULY 2023

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# RENFREW reflections

THE OFFICIAL RENFREW COMMUNITY NEWSLETTER



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 - Dr. Laura Brescia


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# RENFREW COMMUNITY ASSOCIATION



## EXECUTIVE OFFICERS

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## HALL RENTALS

Visit our website for details: [www.renfrewyyc.ca](http://www.renfrewyyc.ca) [hallrentals@renfrewyyc.ca](mailto:hallrentals@renfrewyyc.ca)

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News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## President's Message

It's time for our annual Stampede Day! On July 8, it's the biggest event of the year at the community hall. If you have not yet attended, it is a must, and if you have attended, you can attest to the good times that are had. We invite all Calgarians to attend!

The day starts out with a free Pancake Breakfast, served from 9:00 to 11:00 am. Pancakes, sausage, and baked beans will be served. The fast-track line is for those who are either RCA members (this is a good time to renew or purchase your membership in the community) and/or those who bring their own reusable plates and utensils. There will be a DJ in the morning taking requests and playing country music. Come enjoy breakfast with your neighbours!

The Outdoor Saloon will open at 3:00 pm with the Canteen at 4:00 pm serving up BBQ burgers and pre-packaged items (those that you usually see at the Jellybean Dance).

The Annual Horseshoe Tournament registration opens at 3:00 pm. Teams must be registered by 3:30 pm or they will not be eligible to play. The winner takes the pot as each team puts in \$20 as an entry fee. Matches will start at 3:45 pm sharp!

Live music starts sometime between 7:00 and 8:00 pm. We can dance and enjoy a night under the summer skies!

Of course, this huge event could not be run without a number of volunteers, so please check out what jobs are open through our website, [renfrewyyc.ca](http://renfrewyyc.ca), if you can volunteer. The more help the better! We can always use hands cooking pancakes, BBQing at the Canteen, selling tickets, and so forth. We also need volunteers to flip the setup from Breakfast to Canteen and Saloon, and if you attend to this, you will get an extra free drink ticket on the RCA! All volunteers receive a meal, drink, and snack ticket for the evening events.

Look forward to seeing y'all there!

*Mary Grace Linton*

President of the Renfrew Community Association



## Cats, Canines, & Critters of Calgary



Big Earl, *Capitol Hill*



Blue and Jere, *Mount Pleasant*



Max, *Temple*



Tali, *Temple*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# Renfrew Community Garden Update

by Lisa Mulder

Amazing gardeners, hopefully by now we have an overwhelming crop in our gardens... maybe too much to eat all at once! What should we do with this amazing abundance? Eat, preserve, or donate!?

Apples, cherries, saskatoons, string beans, celery, Swiss chard, zucchini, and eggplant are my favourites to grow and preserve. Essentially, the options to preserve food include blanching, freezing, canning, and dehydrating. Fermenting is another option which I won't go into here but includes sauerkraut!

Blanching and freezing work best for string beans, spinach, Swiss chard, peas, broccoli, cauliflower, cabbage, celery, zucchini, eggplant, and winter squash (pumpkin, butternut squash, etc). The trick to blanching is to cut the veggies into a manageable size (for example, slice to 1/2" before blanching), boil in lightly salted water for 2 to 3 minutes, then suddenly plunge into an ice bath. Squeeze out the excess liquid and freeze. I especially love blanching and freezing string beans (sauté in butter to serve) and Swiss chard (use like frozen spinach).

Canning preserves food in jars. It's extremely important to follow the safety protocol when canning, but when done well, it's amazingly satisfying to see all your canned goods lined up together on display. The boil method of canning is the easiest and best for acidic foods like tomatoes and fruit. Your tomato crop will make an amazing salsa or pasta sauce or try your hand at a fruit jam, jelly, sauce, or pie filling.

I love dehydrating! You can dehydrate food in your oven or in a dehydrating appliance. Cut your food open to let the moisture escape, slice about 1/4" thick and then dehydrate! This is best for strawberries and apples or your Thai dragon peppers! You can puree fruit to make fruit leather. Get creative and add some veggies or hot peppers to your fruit leathers. Dehydrate tomatoes, cooked pumpkin, or green leafy veggies and blend to make powders. It doesn't get healthier than that!

You can combine the methods above. My absolute favourite recipe is to blanch zucchini and eggplant slices and then dehydrate to make no-carb "lasagna zoodles." When dehydrated, zoodles are preserved



forever (especially in our dry climate). Pull them out for a low-carb lasagna any time of year... just replace the traditional pasta noodles with these "lasagna zoodles" and bake as you normally would.

On the downside... preserving food can be hot and hard work. Worse, you are often doing this work in mid to late summer when you'd rather be paddleboarding! If preserving food isn't for you, there is another amazing alternative: donate it! The Calgary Food Bank loves donations of potatoes and other easily preserved fruit and veggies. The Calgary Community Fridge takes donations too... make family-sized packages (fresh or frozen) and drop them off directly at the Community Fridge at 902 Centre Street North.

**Gentle Reminder:** The RCG in-ground beds are there for everyone to enjoy. The raised garden beds are planted and nurtured by members of the Renfrew Community Garden and are not for public picking.

There are some amazing recipes for blanching, canning, or dehydrating to be found online. And don't forget to check out the Renfrew Community Garden at <https://renfrewcommunitygarden.wordpress.com/>.

# Don't forget your Renfrew Community Membership

Effective July 1 to June 30



Memberships are \$15 for families or \$10 for adults, associate members (non-Renfrew residents) and businesses. Members receive access to Community Association members-only events, updates, invitations and special member pricing and benefits.

FIND MORE INFORMATION AND SIGN UP AT  
[HTTPS://RENFREW.GETCOMMUNAL.COM/MEMBERSHIPS](https://renfrew.getcommunal.com/memberships)

## The Tea Plant

Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the Camellia sinensis plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!

A branch of the Camellia sinensis plant with green leaves and small white flowers. The branch is positioned on the right side of the section, extending from the bottom towards the top.

# Renfrew Stampede Day Sat., July 8, 2023



## **Pancake Breakfast** 9 - 11 am

Free Pancake Breakfast (Pancakes, Sausage & Beans),  
Live DJ, Make a Cash Donation,  
or Buy your RCA Membership  
\*Fast Track Line is back for Renfrew Members &  
for those who Bring Their Own Reusable Dishes!



## **Horseshoe Tournament**

3 - 3:30 pm Registration  
3:45 pm Matches Start



## **Outdoor Saloon** 3 pm - 11:30 pm

Live Music Starts at 7 pm  
Last Call 11 pm



## **Canteen** 4 - 10 pm

Hamburgers and other Concession items



Please Contact Mary Grace at [president@renfrewyyc.ca](mailto:president@renfrewyyc.ca) for more information.

To Volunteer go to [renfrewyyc.ca](http://renfrewyyc.ca) to signup!



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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](http://www.communitymediation.ca), 403-269-2707.

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**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 Renfrew 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](http://www.renfrewyyc.ca)

Thank you for supporting us with your donation!



## **Tiny Tots is Back!**

### ***WHAT IS Tiny Tots?***

Renfrew Community Association Tiny Tots Co-operative Playgroup is a committee of parent volunteers who provide a program geared towards children not yet in school (age 5 and under). It is a parented, non-structured playtime where children can have fun, as well as learn and develop their skills in sharing, interactive play and creativity.

And it's a great way for parents to socialize with their neighbours!

### ***WHERE IS Tiny Tots?***

The RCA Tiny Tots program runs out of the West (lower) hall of the Renfrew Community Association. The facility includes access to washrooms and a change table as well as a variety of toys, train tables and mats available for use.

### ***WHEN IS Tiny Tots?***

Tiny Tots will run 3-4 days a week based on volunteer availability. Based on input from participants on the days and times that would serve our community best, Tiny Tots will be open from 9:30am-11:00am on Tuesday, Thursday and Friday, and 11:30am-1:00pm on Wednesday. The program will operate on a drop-in system so once you are registered, you can come along as often as you like!

### **Want to learn more?**

**We are looking for participants and volunteers on an ongoing basis.**

To learn more or to get involved please sign up at

[https://renfrew.getcommunal.com/member/parent\\_programs/415](https://renfrew.getcommunal.com/member/parent_programs/415)

or email [TinyTots@renfrewyyc.ca](mailto:TinyTots@renfrewyyc.ca)



# Celebrate West Hillhurst Community Association's 75<sup>th</sup> anniversary!

Join us at Grand Trunk Festival from Sept 14-16.

[grandtrunkfestival.com](http://grandtrunkfestival.com)



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