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PLAQUE

BACTERIA
TRAP

STRONG
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April 23
2:00-3:30PM
Flames Community Arena



WHAT'S HAPPENING AT THE RCA

RCA Room/Space Rentals: If you are looking for a place to host a birthday party, family gathering, or corporate event, why not check out the RCA! We have space for daytime bookings. You can now check hall availability and start a booking online. Check our website for more info at www.ranchlandscommunity.com/rentals.

For any questions about rentals not answered on our website, please contact the office at ranchlandscommunity@outlook.com.

Community Coffee: Drop-in program taking place Tuesday mornings from 10:00 am to 12:00 pm in the West Hall. Come and meet your neighbours and enjoy a cup of coffee or tea in a friendly, inclusive environment. Open to all.

Soccer Registration: The RCA, in partnership with Calgary Northside Soccer, is excited to announce that registration for the 2023 Outdoor Grassroots Soccer League is now open. The spring program runs in Ranchlands the week of April 24 to the end of June.

New Horizons Seniors Program: Tuesday afternoons from 1:00 to 3:00 pm in the West Hall. For more information, contact the office.

Little Ranchlanders Playgroup: Now happening on Wednesdays from 10:00 to 11:30 am in the West Hall. Free for RCA Members! Parent supervised, please bring a nut free snack. Contact the office for more information.

Monthly Board Game Night! Happening on the first Monday of each month from 6:30 to 8:30 pm in the West Hall. Open to all ages! Feel free to bring along any games you might want to share or let others try out for the night.

Donations Needed for Ranchlands Food Pantry: We are always in need of donations to help fill hampers for Ranchlanders in need of some help. Food donations can be dropped off in the wooden RFP box in the front lobby, and we also accept cash and gift card donations at the office, Monday to Friday from 10:00 am to 3:00 pm. Large donations are eligible for a tax receipt, so if you want to claim one, please include your name, address, and the purchase receipt when you drop off donations.

If you need food support, please reach out to the office to arrange a pick-up time. The only requirement to access this program is that you live in the Ranchlands community.

YYC Growers and Distributors: Wednesday pre-order pickup from 4:00 to 6:00 pm in the main lobby of the RCA building or outdoors, weather permitting.

Living Springs Church: Here at the RCA, Sundays from 10:30 am to 12:00 pm. Contact Glen Switzer for more details at 403-701-7668.

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 or the 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 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.

National Pet Day



April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.



RANCHLANDS COMMUNITY ASSOCIATION

🏠 RCA OFFICE: 7713 Ranchview Drive NW Calgary AB T3G 2B3 • 📞 403-241-0335
✉️ ranchlandscommunity@outlook.com • 🌐 www.ranchlandscommunity.com

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president@ranchlandscommunity.com

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Contact RCA Office

RCA OFFICE AND HALL RENTALS

7713 Ranchview Drive NW Calgary AB T3G 2B3

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SOCIAL MEDIA

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PROGRAM CONTACTS

Ranchlands Food Pantry Contact RCA Office

New Horizons Seniors Contact RCA Office

Skating Rink Coordinator Darren Angell Contact RCA Office

Living Springs Christian Church

186th Ranchlands Scouts 186thRanchlandsScouts@gmail.com

Girl Guides of Canada: <https://register.girlguides.ca/web/en/unit>
Wichewakn District

COMMUNITY CONTACTS

Ranchlands Elementary School
St. Rita's Catholic Elementary School
BowWest Community Resource Centre
MLA Prasad Panda

403-288-4453

Calgary.Edgemont
@assembly.ab.ca

MP Pat Kelly 403-282-7980

Ward 2 City Councillor Jennifer Wyness
www.calgary.ca/ward2

CBE School Trustee Dana Downey

CSSD School Trustee Myra D'Souza

Help Us Find a Cover Photo!

Are you a budding photographer? Do you curate an exciting Instagram feed? Do you have some beautiful shots in your archives? We'd love to see them!

The Ranchlands Community Association is looking for monthly contributions to grace the cover of the Roundup. **These images need to be 1MB and 300 DPI.** Photos can be taken in or of the community, be based on the seasons or holidays, or just a genuinely great photo!

For more information, or to submit your photographs, please contact the Community Association at ranchlandscommunity@outlook.com. **Entries must be submitted by the fifth of the previous month to be featured in the newsletter.** E.g.: March 5 to be featured in the April newsletter.





PRESIDENT'S MESSAGE

Welcome to spring!

We are beyond excited to announce one of our most popular programs has restarted. March marked our first Community Potluck in a very long time, and it was fantastic to see so many new and old friends attending. Community Potlucks will be taking place every month, on the third Sunday, so we hope to see more attendees. If you aren't able to bring a dish, you are still more than welcome to attend. If you can bring something to contribute, we ask you bring enough for about four adults to have it as a main dish; this ensures everyone gets a taste of all the incredible items.

Ingredient lists or a copy of the recipe is also recommended so those with dietary restrictions can make informed decisions. For store bought items, original packaging is preferred.

We also have a spring craft market coming up on Saturday, May 6 from 10:00 am to 2:00 pm with entry by donation to the Ranchlands Food Pantry.

At the end of May, we are so excited to have the Ranchlands Parade of Garage Sales. Tentatively planned for May 27, residents are invited to host a garage sale and definitely to head out shopping. We will also be having a trunk sale at the community association building for those without a garage. To book a spot at the trunk sale is just \$5 (and we provide a table and chair). To register your own sale and be added to the map is free for RCA members and \$5 for non-members.

We will be hosting a community cleanup event on Saturday, July 8 in participation with the City of Calgary. Unfortunately, our community cleanup last year had to be trimmed down due to a lack of volunteers so if you are able to help out for the day, please let us know! We will have an online volunteer registration link available soon.

Lastly, we are thrilled to announce we will be having our casino fundraiser event on Thursday, August 31 and Friday, September 1 at Ace Casino. This is the single biggest source of funding for the RCA and helps us fund repairs to our building. If you have questions about volunteering with this event, please reach out to the office and we will provide a registration link closer to the date.

Anita Raffaele

President



Our 60th Guides attended the Thinking Day Fireworks event at GMC Stadium held by Calgary Area. It was a big day for Girl Guides on February 22 and was extremely cold this year,

but we were grateful that it was a perfect night for outdoor activities on February 25, where we cheered with the fireworks and danced under the stars. It was special to see our mama volunteers dancing with their daughters. We care not only about the guides, but also their families. After all, it is a Unit Community we are building. March was kicked off with our special guests from Japan who taught us how to make Origami Cranes. With repurposed calendar paper, the cranes turned out extra beautiful. A couple other highlights of March were Knitting 101 and the Library Tour. Activities to come include Lip Balm Making and Herbal Tea, Nature Walk, and May Camp. In order to support our activities, fundraising is crucial. Girl Guide Cookies are available at Ranchlands Community Association for \$6 a box. Please kindly visit RCA during office hours and support our guides.

If your grade four to six daughters are interested in joining us, please feel free to try now and join later. For any questions, please contact any-calgarywichewakn@girlguides.ca.



SCAN HERE TO VIEW ADDITIONAL RANCHLANDS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





IN THE COMMUNITY

Rise Calgary (formerly Bowwest Community Services): 14 – 1840 Ranchlands Way NW

Westview Baptist Church: 1313 Ranchlands Way NW

St. James Anglican Church: 6351 Ranchview Drive NW

Islamic Association of NW Calgary: 7750 Ranchview Drive NW

Al-Salam Centre: 6415 Ranchview Drive NW

Good Food Box: Ranchlands' Depot is St. James Anglican Church

The Quietest Place on Earth

A laboratory in Minneapolis has the quietest room in the world! As an anechoic chamber, it prevents the reverberation of sound waves. It's said to be so quiet inside that you can hear your bodily functions, such as the blood circulating in your veins. Being in this room is so off-putting to the senses that no one has stayed inside for longer than 45 minutes!



St. Rita School Update

Here at St. Rita, we are in the midst of celebrating the Easter season. Over the past month, staff and students have observed Lent by focusing on acts of prayer, fasting, and almsgiving, all the while preparing our hearts for Easter. In early March, we celebrated Shrove Tuesday with pancakes specially prepared for us by the Knights of Columbus. For our Lenten Service Project, the St. Rita community collected items to create "Birthday Bags" for the Calgary Food Bank. The contents of these birthday bags allow children to have the full experience of a birthday party with their loved ones! This was a meaningful experience for our students at St. Rita! Grades one and two students took a field trip to Fort Calgary while grades three to six students had the opportunity to participate in swimming lessons at Sir Winston Churchill Pool. We finished March with Student Led Conferences, which allowed students the opportunity to showcase their learning, with special emphasis on how they were able to connect their learning to nature. As we move forward into spring, we are excited for the learning opportunities that our forest will provide. St. Rita School is welcoming spring with open arms!

News from the Friends of Nose Hill

by Anne Burke

There is an annual global community science competition to document urban diversity. Public bioblitzes will be held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organism in urban areas. The 2023 City Nature Challenge involves taking pictures between April 28 and May 1 and then identifying them. Results will be announced on May 8. This will be the fifth year for Calgary region participation and there are awards for the top cities. For more information, go to inaturalist.ca/projects/city-nature-challenge-2023-calgary-metropolitan-region.

Although the City introduced two new program, Green Leader and Water Steward, its decision to temporarily discontinue its Adopt-a-Park program was unpopular. Now you can join the Parks Environmental Education team on a Green Initiative project to restore habitat with tree and shrub planting, tree wiring, weed pulling, or painting projects. These group projects are seasonal (May to October) and typically require a 3-to-4-hour commitment. A screening policy is in place, which may include checks by police. Once accepted, volunteers receive orientation, training, and other support. For more information and to register, please call 3-1-1.



Calling All BABYSITTERS
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Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

It's finally officially spring, and the youth and Scouters of our 186th Ranchlands Scouts Group are gearing up for outdoor adventures. We're excited to have our Family Camp booked for June 2 to 4. This is a chance to bring all our sections and families together for a weekend of Scouting fun, and it's a highlight of the year for many of our kids.

This month was all about Kub Kars and Beaver Buggies. The kids had a great time designing, cutting, sanding, and painting their racers, getting ready for our upcoming Kub Kar Rally in April. It's a tradition in the Scouting movement, and it was great to see the older, experienced youth offering advice on what worked and what didn't to our new members. We also wanted to give a big shout out to our families and youth who cleaned the rink off on Tuesday, February 28 after a big snowfall – I know our local skaters appreciated it after that big snowfall at the end of February.

We want to thank our Ranchlands residents for their support of our March 18 bottle drive. These are so important to our Group – they provide the anchor funding for our program, allowing the Beavers and Cubs to get out and try new adventures, like climbing, paddling, and camping. Next up is our WestJet raffle fundraiser – keep an eye out for information or talk to your neighbourhood Beaver or Cub to find out more. Our last bottle drive for the season will be May 3.

We are currently reaching out through our organization and community looking for new volunteers for our Beaver and Scout Sections, and our Group Committee. If you are interested in volunteering, please reach out to 186thRanchlandsScouts@gmail.com.

Yours in Scouting,

Tara Barnett

186th Ranchlands Scouts



Mock Mongolian Beef

Shared by Anita Raffaele

Ingredients

- 1 lb ground beef
- 1/2 cup brown sugar
- 1/4 cup soy sauce
- 1 1/2 tbsp. garlic powder
- 1/4 tsp. ground ginger
- 1/2 tap red pepper flakes (optional)
- Salt and pepper (to taste)
- Green onions (optional)
- Cooked rice

Directions

- Cook ground beef in a skillet until thoroughly cooked and broken apart.
- Drain fat from pan, then add brown sugar, soy sauce, garlic, ginger, red pepper, and salt and pepper.
- Simmer for a few minutes, stirring occasionally, to let flavours blend.
- Add green onions (if using them) and serve.

If you have an original recipe you would like to share with your neighbours through a future newsletter, please email it to the hall at ranchlandscommunity@outlook.com.



Joke of the Month

I asked the gym instructor, "Can you teach me to do the splits?"

"How flexible are you?" she asked.

I said, "I can't make Tuesdays."

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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, 403-269-2707.

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GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



SCAN THE QR CODE
FOR THE ANSWERS!



Julia Hayter

Calgary – Edgemont



Julia Hayter: A powerful voice for Calgary-Edgemont on a strong Rachel Notley Team

Julia is an Education Assistant and has served as Chair and Vice-Chair of her children's Parent School Council. She is a strong advocate of a public education system that supports Alberta's students and prepares them for the future.

Julia is raising her three school-age children in Northwest Calgary. She knows what it's like to budget for today—with an eye on tomorrow.



Rachel Notley is focused on what matters to you and your family:

- Protecting mental health and improving public healthcare: supporting hospitals, clinics, EMS, and frontline healthcare workers.
- Providing cost-of-living relief: utilities, insurance, housing, fuel and more.
- Building a resilient economy by supporting innovation and the creation of good-paying jobs in emerging sectors.

This time, Rachel Notley and Julia Hayter.

JuliaHayter@albertandp.ca    @NDPJulia

Authorized by Alberta NDP albertandp.ca

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Budget 2023 secures Alberta's future by diversifying and growing the economy, creating good paying jobs, strengthening health care and education, and keeping Alberta communities safe – all while remaining committed to responsible fiscal management.

Calgary is seeing major investments in transportation. Our government is investing \$1.1 billion in Calgary transportation projects including \$541 million for Calgary LRT projects, \$429.7 million for Deerfoot Trail upgrades and improvements, and \$134.2 million to complete the Stoney Trail Ring Road.

Alberta's economy has momentum, and our government is focused on creating jobs and diversifying the economy. 2022 saw a 30 percent increase in venture capital investment attraction bringing the total for the year to a record \$729 million. This is because of the low taxes and solid economic policies implemented by this government. February's employment numbers show just how well our economic policies are working, with a record number of Albertans having full-time jobs.

Healthcare is also a major focus for our United Conservative government. This budget aims to improve healthcare by adding more doctors, nurses, and healthcare aides. Alberta is investing \$396.4 million into Calgary health care including \$166 million for the Calgary Cancer Centre, \$84.7 million for the Peter Lougheed Centre, \$63.6 million for the Foothills Medical Centre, and \$3 million for planning the North Calgary/Airdrie Regional Health Centre.

Over 3 years, our government is also investing \$72 million to create more than 3,400 new seats in post-secondary health care programs, including 120 new physician seats at U of C and U of A, and thousands of new seats for nurses and health care aides. \$113 million from Alberta Health will add 100 residency programs for newly graduated doctors.

With its strong focus on investment attraction, job creation, economic growth, and the health and wellbeing of all Albertans, budget 2023 is securing a bright future for Alberta.

YYC GROWERS and the RCA

Same day, new time! Wednesday Afternoons, YYC will host a pre-order pickup from 4:00 to 6:00 pm. Subscription pick-ups happen at the same time. If the weather is nice, you may find them outside the building, but otherwise, they will be just inside the main doors in the lobby of the RCA.

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Michael & Willemine Montgomery

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