

FEBRUARY 2023

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THE RANCHLANDS



ROUNDUP

THE OFFICIAL VOICE OF THE RANCHLANDS COMMUNITY ASSOCIATION



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Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

*Friendships
Social Events
Picnics
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Cookies
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with Youth
Making a
Difference
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Michael & Willemina Montgomery

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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.

Carya Café for Older Adults: Drop-in program taking place Tuesday mornings from 10:00 am to 12:00 pm in the West Hall. For info, please contact Nadine Bird at 403-312-1262 or NadineB@caryacalgary.ca.

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.

Free Meal for Older Adults! Courtesy of Carya Calgary. Once a month here at the RCA in our Main Hall. Registration is required to provide enough food for everyone. Taking place on the fourth Thursday of the month. Please contact Nadine Bird of Carya at 403-312-1262 or NadineB@caryacalgary.ca to register or for more information.

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.

If you don't have an RCA membership, please consider purchasing one and attending the event. Memberships will be available at the door and more info will be posted to our website and Facebook as we get closer.



Mardi Gras



On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!

Volunteers Needed

Rink Volunteers: We are still in need of a few extra volunteers to join our Rink Rats team! These amazing people are the ones helping with flooding, grooming, and maintaining the ice surfaces. If you are interested in joining our Rink Rats team, please contact the office and we will connect you with our Rink Coordinator.

Committee Volunteers: Are you interested in making a difference in the community, but maybe don't have enough time to devote to joining our board? A committee could be a great fit for you! Committee's work under the umbrella of the RCA to plan large events or complete specific goals. Without committees, things like a Stampede Pancake Breakfast or the Ranchero Park Redevelopment just can't happen, as these require too much time and energy for our board to take on in addition to their regular duties. If you are interested in forming or joining a committee, please email the Hall.



RANCHLANDS COMMUNITY ASSOCIATION

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

FIND US ON FACEBOOK AND INSTAGRAM!

📘 @RanchlandsCA • 📷 @RanchlandsCA

BOARD OF DIRECTORS 2022-2023

President Anita Raffaele
president@ranchlandscommunity.com

Vice-President Nadine Bird
vice-president@ranchlandscommunity.com

Secretary Sharon Blackwell

Director at Large Laurie Lin, Jessica Brander
Contact RCA Office

RCA OFFICE AND HALL RENTALS

7713 Ranchview Drive NW Calgary AB T3G 2B3

📞 403-241-0335

✉️ ranchlandscommunity@outlook.com

🌐 www.ranchlandscommunity.com

SOCIAL MEDIA

Find us on Facebook and Instagram!

📘 @RanchlandsCA 📷 @RanchlandsCA

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

In light of the tragic and frightening event that occurred in our community at the beginning of January, I wanted to use this month's president's message to share some information and resources regarding crime in the neighbourhood.

While we are quite lucky, as statistically we do see less crime than our surrounding neighbourhoods, it's an unfortunate reality that they do still occur here. Being proactive is one of the best methods to reduce the chances of becoming a victim; ensuring your car doors are locked and nothing is left inside, checking that all doors and windows are secure before heading out or going to bed, and making sure you're not leaving your car running with the keys inside.

These small actions are quick and simple to do, but ensure that you, your vehicle, and your home are not easy targets for crimes of opportunity.

If you are the victim of a crime, or a witness to one, or even just see something worth noting, please ensure you take the proper steps. Contacting the Calgary Police to report a crime is exceedingly important because if we don't tell them, they won't know about it.

Even if it's something small, it's worth calling in or reporting online as the Calgary Police watch for trends through the reporting statistics and will adjust patrols and assignments to ensure neighbourhoods with a spike in crimes are being watched closer.

To report a crime that is in process, call 911.

For crimes already committed, or to report a suspicious person or incident, please contact the non-emergency number at 403-266-1234.

You can also report some crimes online at coplogic.ca.

Please also know that the Ranchlands Community Association has a Resource Officer with the Calgary Police department that we work closely with. If you have a non-emergency situation where you aren't sure if it requires the police, or you aren't comfortable reporting it yourself, please reach out to us at the hall. We can help point you in the direction of the best resource or bring information to our liaison.

Ranchlands also has an online block watch group on Facebook. This group was created to help residents connect and discuss crimes within the community. You can find it at www.facebook.com/groups/ranchlandsbscbw by searching "Ranchlands Building Safer Communities" or send us a message on Facebook and we can send you a link!

Lastly, if you are interested in checking out some information about the crimes happening in Ranchlands, you can head into the City of Calgary's website at Calgary.ca and searching "CPS Statistics."

Anita Raffaele

President

Brownie Recipe

Shared by Anita Raffaele

Ingredients:

- 1/2 cup of butter or hard margarine
- 1/4 cup of cocoa powder
- 2 eggs
- 1 cups sugar
- 3/4 cup flour
- 1/8 teaspoon salt

Directions:

- In a bowl, beat eggs until frothy. Add sugar, flour, and salt but do not stir yet.
- Melt butter in a small saucepan and stir in cocoa until smooth.
- Pour cocoa/butter over mixture and stir everything together.
- Pour mixture into a greased 8"x8" pan and cook for 30 minutes at 350 degrees.
- Dust with powdered sugar or a frosting if desired (coffee frosting is amazing on these!)

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

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.

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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

Snow Removal

A gentle reminder that shoveling your sidewalk and removing any ice is required within 24 hours of a snowfall ending. Fines for failure to remove snow/ice start at \$250.

Please ensure you are moving the snow to a spot that doesn't interfere with pedestrians or vehicle traffic. Snow from the sidewalk is permitted to be shoveled onto the road; however, snow from driveways and other private property sections (such as a pathway to a front door) must stay on your property.

If you require salt for your sidewalk, the city has a number of locations across the city for residents to pick some up for free. The nearest location to Ranchlands is Fire station #28 located at 7925 Edgemont Boulevard NW.

Please limit yourself to one container full and ensure you bring a container (under 25kg) and shovel as these are not provided.

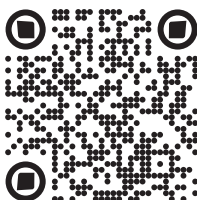
To View Additional Ranchlands Content

INCLUDING

- News and Events
- Real Estate Statistics
- Crime Statistics

and more...

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WICHEWAKN DISTRICT

200th Sparks are learning and exploring what it means to be a Spark! We have talked about fire safety and taken a trip to the fire hall, learned how to sell cookies by going door to door, discovered what is important to be a friend by playing games, and here are some pictures of us learning to be scientists.

There is still time to join us this guiding year. Our district serves Arbour Lake, Bearspaw, Citadel, Hawkwood, Ranchlands, Royal Oak, and Rocky Ridge. If you have any questions, please feel free to reach out at any-calgarywichewakn@girlguides.ca. Thank you.



✓ CHECKLIST

9 PM ROUTINE



CALGARY
POLICE
SERVICE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Julia Hayter
Calgary – Edgemont

A better future.





 @NDPJulia
juliahayter.albertandp.ca

 Authorized by Alberta NDP
 

SAFE & SOUND

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Volunteers Needed
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RANCHLANDS!!!!

For more information please contact
Aaron Taylor -Neighbourhood
Partnership Coordinator
(Aaron.Taylor@calgary.ca)

Re-Imagining Ranchero Park Initiative Update

It is with excitement that we re-start the Re-imagining of Ranchero Park initiative. A place where people can enjoy a leisurely stroll on a path, children playing on playground equipment, a community garden, and so much more.

In 2019, a site analysis was performed to determine what the park is currently like and what factors will play a role in developing a new park.

These factors include:

- How the site is currently being used
- The topography or the arrangement of the natural and artificial physical features of an area
- The trees, wildlife, soils, and vegetation
- The picturesque views such as the ability to see downtown, WinSport, and the mountains
- Access points
- Parking

An architect developed a concept drawing which is a quick and simple way of exploring initial ideas for designs. It is the first step to investigating and communicating design principals. The committee reviewed and commented on this initial concept drawing and determined that another update will have to be completed as we desire to make it a 1.5-million-dollar redeveloped park. After the concept has been approved by the Ranchlands Community Association and the City of Calgary, the committee will reveal the concept to Ranchlands residents through various communication channels.

The redevelopment of the park will be funded by individuals, businesses, grants, sponsorships, and an array of funding opportunities.

What is the next step in the project?

We are starting a fundraising campaign of \$10,000 to help with some start-up expenses. We are looking for one-time and monthly donors. Donations can be made through Ranchlands Community Association with a note stating that the funds are to be directed towards Ranchero Park.

Like us on Facebook at "Ranchero Park" for updates.

For more information, or to volunteer, please contact rancheropark@gmail.com.

BUSINESS CLASSIFIEDS

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

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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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Jennifer Wyness
 ☎ 403-268-2430
 ✉ Jennifer.Wyness@calgary.ca
 🌐 Calgary.ca/ward2 📺 Ward2Wyness
 📷 @WynessJennifer 📺 @JenniferWyness

Ward 2 Bus Tour

This coming spring, our office will conduct a Ward 2 Bus Tour with the Community Association Presidents, Community Resource Officers, and the GMs/Directors from various business units: Mobility, Parks, Bylaw, Recreation, and Calgary Transit.

If you would like to submit a concern in your community, please email ward2@calgary.ca and we will add the location on our tour to assess. Once the tour wraps up, a complete summary of findings will be posted on our website, so please stay tuned!

Snow and Ice Road Conditions Map

With snowy conditions here to stay, there is always a potential for heavy snowfall in the city. The Snow and Ice Road Conditions map shows the process of snow clearing operations, locations of snowplows, priority routes, and visuals of road conditions from traffic camera images. Plan your commute safely by visiting <https://maps.calgary.ca/RoadConditions/>.

2023 Customer Review Period

Residents should have received their 2023 Property Assessment notices in the mail. Please check the property details and review the property value. Your property assessment reflects the market value of your property on July 1, 2022, and the characteristics and physical condition of the property on December 31, 2022. Your property is used to calculate your annual property tax bill, which is mailed in the spring.

To help you review your property assessment, general resources are available on calgary.ca/assessment and property specific tools through the secure logon feature of Assessment Search at calgary.ca/assessmentsearch. By logging onto your property specific account, you can:

- Check the property details used to determine the assessed value of your property.
- Update your residential property details.
- Compare your property's assessed value to other similar properties in your area to ensure fairness.
- Review real estate market trends and learn how your property was assessed.

If you have questions about your 2023 property assessment, please contact my office during the 2023 Customer Review Period, which runs until March 13, 2023.



MLA Calgary-Edgemont
Prasad Panda
 222 – 5149 Country Hills Blvd NW
 ☎ 403-288-4453
 ✉ calgary.edgemont@assembly.ab.ca

Help is on the way for Albertans calling 911 and for those needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Paramedics are highly skilled health professionals who are trained to respond in times of crisis. Our government wants their skills to be used in the best way possible, while also ensuring Albertans are not left waiting after a 911 call. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. Options like community shuttles and wheelchair accessible taxis can transport patients back home.

This means ambulances will be on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway to better serve Albertans. AHS has an aggressive plan to improve four priority areas which include: improving EMS response times; decreasing emergency department wait times; reducing wait times for surgeries; and improving overall patient flow and capacity.

Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to hospital.

I was pleased to be part of the ceremony that turned over control of the new Calgary Cancer Centre to AHS for final commissioning and staffing. During my time as Infrastructure Minister, I was very proud of the efforts of our team to keep this important project on time and on budget. I look forward to 2024 when the Centre will begin providing patients with the best quality in Cancer treatment.

Elder Friendly Community at Ranchlands Community

Café

Drop in
Tuesdays 11:00am
- 1:00pm

Carya Café - Drop In Join us at the RCA for Coffee, tea, conversation & some fun activities, bring your own projects or come see what's being offered.

Monthly Meals

Once a month we enjoy a meal together

Contact Nadine Bird to register
Must register for meal every month. Limited space available.



Ranchlands Community Center
7713 Ranchview Drive NW

For more information
Call Nadine Bird at 403 312 1262
or email at NadineB@caryacalgary.ca

YYC GROWERS and the RCA

Same day, new time! Wednesday Afternoons, YYCG 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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Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



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Thursday	7am - 7pm
Friday	7am - 5pm

