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# THE RANCHLANDS



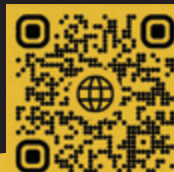
ROUNDUP

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*Michael & Willemina Montgomery*

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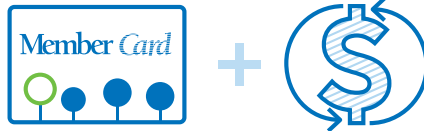
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## WHAT'S HAPPENING AT THE RCA

**RCA Room/Space Rentals:** If you are looking for a place to host your holiday gatherings, birthday parties, or events, why not check out the RCA! You can now check hall availability and start booking online. Check our website for more info at [www.ranchlandscommunity.com/rentals](http://www.ranchlandscommunity.com/rentals).

For any questions about rentals not answered on our website, please contact the office at [ranchlandscommunity@outlook.com](mailto:ranchlandscommunity@outlook.com).

**Carya Café for Older Adults:** Drop-in program taking place Tuesday mornings from 10:30 am to 12:30 pm in the West Hall. For info, please contact Nadine Bird at 403-312-1262 or [NadineB@caryacalgary.ca](mailto:NadineB@caryacalgary.ca).

**The RCA 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:** Thursday mornings 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](mailto: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.

## Volunteers Needed

**Rink Volunteers:** It's nearly winter and that means our wonderful outdoor rink will be starting up soon! As such, we need volunteers to help 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! Committees 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.

**SCAN HERE**

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Ranchlands Content**





# 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!

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### BOARD OF DIRECTORS 2022-2023

President	Anita Raffaele president@ranchlandscommunity.com
Vice-President	Nadine Bird vice-president@ranchlandscommunity.com
Treasurer	Vacant
Secretary	Vacant
Director at Large	Sharon Blackwell, Laurie Lin, Jessica Brander Contact RCA Office

### RCA OFFICE AND HALL RENTALS

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### SOCIAL MEDIA

Find us on Facebook and Instagram!

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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: Wichewakn District   <https://register.girlguides.ca/web/en/unit>

### 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   403-650-6936  
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 2023!

Let me start by extending a massive thank you to everyone who attended our Winter Craft market last month. Not only was it a great mix of vendors selling some fantastic gifts and stocking stuffers, but through the generous donations of the attendees, we collected almost 10 bags of non-perishable food and over \$700 in support of the Ranchlands Food Pantry! The food pantry is just one of the programs we operate to help support our community residents and it's staffed entirely by volunteers. These funds will go directly to the purchase of items we need to fill hamper requests.

If you are experiencing food insecurity and live in Ranchlands, please reach out to the hall. We can help. Your name is never shared with the RFP volunteers, and we are inclusive and non-judgmental.

Volunteers really are the backbone of the RCA, so I want to take a minute to say thank you to the countless people who help out with our programs, events, and committees. From the dedicated Rink Rats team to the people helping plan the Ranchero Park Redevelopment, to the RCA Board of Directors, to even the editor of the Ranchlands Roundup newsletter, we have so many amazing people who help us in so many ways. We really would not be able to do what we do without them, but that said, we always need more! If you are interested in joining or finding out more information about volunteering, please reach out to the office.



**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

## St. Rita School

December was a busy month at St. Rita School filled with many fun, faith-filled learning opportunities. Throughout the month, a major focus of learning for our students was around the church seasons of Advent and Christmas. Students celebrated weekly Advent liturgies in their classrooms throughout December. As part of our Catholic Community of Caring Advent service project, St. Rita also collected urgently needed items for the Mustard Seed throughout the month. Additionally, our school held its first Christmas Concert in several years, which was a huge success! During the last week of school, each student at St. Rita created their very own gingerbread house to take home. Teachers at St. Rita continued to intertwine Nature-based Learning into their programming and are learning new ways to sustain this as the seasons change. From everyone at St. Rita School, we wish you the very best in this new year!

## International Sweatpants Day



In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!

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# 186 RANCHLANDS SCOUT GROUP

Happy New Year to our families and volunteers, and the Ranchlands residents who continue to support our 186th Ranchlands Scouts Troop. We're excited about what adventures the new year will bring for our Beavers and Cubs.

We'll start the year with a huge thank you to those Ranchlands residents who supported our annual Scout Popcorn fundraiser. This is an important fundraiser for us, as 45% of the value of the sales goes directly to our programming and activities. Coming out of the pandemic, we really value this support as we rebuild our Ranchlands Troop. We have a few other fundraisers coming in the new year, including Scout Seeds, and two more bottle drives.

Our next bottle drive is already planned for Saturday, March 18, from 9:00 am to noon. Look out for the signs around the neighbourhood as a reminder. Please mark those new 2023 calendars and if you would like to leave your bottles out for us, please attach a sign or sticky note that says "For Scouts" so that we know we are free to take them.

Our Beavers and Cubs enjoyed some great adventures through the fall and leading up to the holidays. In early November, the Troop completed their annual cleanup of the Ranchlands rink before the ice goes in for skating. Our Beavers worked on their outdoor skills and Scoutcraft, with leave-no-trace outdoor training, first aid training, leather crafting, and knot tying. The Cubs were out in the community, working on their Outdoor Fitness badge, and reading to seniors. A highlight for the whole Troop was a visit from the Medicine River Wildlife Centre to learn about birds of prey.

We're looking ahead to the longer days to continue to get outdoors to try new adventures including cross-country skiing and snowshoeing. February will bring camping planning and the return of our Baden Powell Day family potluck dinner.

If you have any questions about the Troop, please reach out at [186thRanchlandsScouts@gmail.com](mailto:186thRanchlandsScouts@gmail.com).

*Tara Barnett*

186th Ranchlands Scouts

## Banana Bread Recipe

*Shared by Anita Raffaele*

### Ingredients

- 1/2 cup of butter or hard margarine
- 1 cup of sugar
- 4 over ripe bananas
- 2 eggs
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract

### Directions

- Cream butter and sugar together.
- In a separate bowl, mash bananas and then blend in eggs. Add butter/sugar mixture and combine.
- Whisk or stir together the flour, baking soda, and salt with a fork before adding to the mix and blending.
- Lastly stir in vanilla extract until smooth.
- Pour batter into an oiled and floured loaf pan and bake at 350 degrees for about 60 minutes.

*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](mailto:ranchlandscommunity@outlook.com).*

**Julia Hayter**  
Calgary – Edgemont

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## Ranchlands Ranchero Park

At the corner of Ranchlands Blvd and Ranchero Drive NW on the west side of Ranchlands lies the Ranchero Park. This park has been in existence since the 1970s when the community was first developed. Over the years many have used this park to develop social skills, learn about nature, relax, and increase their health, create community, and experience adventures.

### Redevelopment of the Park

Over the decades the park has been well utilized, but we feel it's now time to ensure that greater use is made of the park. The play equipment has gotten older and there are greater opportunities for redesign and reallocation of space. We want the residents of Ranchlands to be empowered to improve their quality of life and environment.

### Envisioning of the Newly Developed Park

- A place for all ages to enjoy as we desire to enhance the park visitor's experience
- A better and more effective pathway system
- Better utilization of the sports playing fields
- Newer, more modern playground equipment for the children to enjoy and have fun on

### How Can You Get Involved?

Volunteer, donate, and help create awareness.

For more information or to get involved, contact Aaron Taylor at [aaron.taylor@calgary.ca](mailto:aaron.taylor@calgary.ca).

**Volunteers Needed**  
**HELP REBUILD**  
**RANCHERO**  
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For more information please contact  
 Aaron Taylor -Neighbourhood  
 Partnership Coordinator  
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As we ring in the new year and many people make their resolutions, Alberta's government is resolved to improve healthcare.

We know Alberta has the best frontline healthcare staff in the entire world, but despite the excellent work of our doctors, nurses, paramedics, and other frontline staff, our patients are waiting too long to access the care they deserve.

Our government's goals include improving EMS response times, decreasing emergency room wait times, reducing wait times for surgeries, and developing long-term reforms through consultations with frontline workers, including discovering ways to restore decision-making to local healthcare professionals and authorities.

Albertans want accountability within Alberta Health Services, and they want to know that a world-class health system and level of care is available when they need it. We care deeply about our healthcare system, and we need to ensure it's working to support Albertans and their loved ones, should they need it.

We must be honest about the state of our healthcare system if we are going to fix it. Right now, the system is struggling to keep up with growing demand. The driving force behind these changes is building a system that is not only strong but resilient to changing circumstances and growth pressures.

Like you, I cherish the work of our frontline healthcare workers and I care deeply about the system they operate in. That is why I am pleased to see our government acting to resolve these longstanding issues in our healthcare system.

We will not kick the can down the road. We will act now to ensure Albertans have the world-class system they deserve for generations to come.

Best wishes to you and your family for an excellent 2023!

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## WICHEWAKN DISTRICT

### Who We Support

Did you know that our District supports the communities of Arbour Lake, Bearspaw, Citadel, Hawkwood, Ranchlands, Rocky Ridge, and Royal Oak? We currently have two Sparks Units, two Brownie Units, five Guide Units, four Pathfinder Units, and two Trex Units! Together, we have over 170 youth members and 35 adult volunteers. Wow! We still have room in some of our units; it's never too late to start your Guiding adventures! To find out more information, or if you would like to become one of our Guiders, please email our District Commissioner, Ginger Bowes at [any-calgarywichewakn@girlguides.ca](mailto:any-calgarywichewakn@girlguides.ca).

### Guiding Fun



Photos of our 201 Brownies, cookie selling, meeting, and outdoor adventuring! Any Questions? Please contact [any-calgarywichewakn@girlguides.ca](mailto:any-calgarywichewakn@girlguides.ca).

Thank you!

### International Travel

In 2025, 20 youth and five Guiders from our District will be heading to London and Paris where they will be participating in service projects, exploring these two beautiful cities and learning all about the history and culture. The 91st International Unit, also known in our District as the 1st Trex Travellers, will be hard at work fundraising to make this once in a lifetime trip a reality! In addition to selling hundreds of cases of Girl Guide Cookies, they are offering to do glitter tattoos by donation for community events and birthday parties. In September, they were at the Hawkwood Fall Family Festival, and you may have seen them at the Ranchlands Business Fair adding a little glitter to everyone's lives! If you are interested in booking them for an event, please email [trextravel2025@gmail.com](mailto:trextravel2025@gmail.com).

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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