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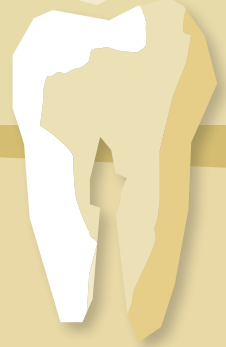


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PRESIDENT'S MESSAGE

Did you know that the Ranchlands Community Association was established in 1979?

For forty-four years, the RCA has worked to promote community spirit, strengthen neighbourly relationships, and offer events to our residents. While things have definitely evolved and changed in Ranchlands over the years, the RCA has always been a cornerstone of the community.

Over the last few years, the RCA has been in a state of flux, working hard to adjust and re-center our efforts to best support the community, slowly shifting from a social/recreational objective to a more supportive direction for our residents, so I wanted to take this month's *Roundup* article as an opportunity to tell the community about the different endeavors we have been focusing on this year.

As you probably know, we launched the Ranchlands Food Pantry a few years ago, which has recently expanded to include "Free Bread Friday." Thanks to a generous partner, we have loaves of bread and other bread products available for residents to come and pick up on Fridays while supplies last. Pick-up begins at 10:00 am and is limited to three items per person.

Last year, we broke ground on the Ranchlands Edible Forest, for which expansion plans are already being designed. Twelve fruit trees (apple, cherry, and plum) were planted in the area just south of the basketball court and once established and producing, they will be open for residents to harvest fruit from. Future plans include the addition of more trees, raised beds for perennial herbs and vegetables, and a fence to protect the plants from animals.

This month, we are hosting our first ever clothing swap, aimed at children six and up, to help our residents not only clean out their closets of outgrown clothes, but also to offer an opportunity for some back-to-school shopping without the cost.

Then next month, we will be holding a baby swap for baby clothes, blankets, bibs, and more.

The kids clothing swap is taking place Saturday, August 12 from 10:00 am to 3:00 pm.

Then the baby swap is on Saturday, September 16 from 10:00 am to 3:00 pm.

We are still accepting donations of gently used and clean clothes for both these events. They can be dropped off at the hall Monday to Friday, from 10:00 am to 3:00 pm or Wednesdays from 10:00 am to 7:00 pm. We are also accepting donations of clean reusable grocery bags for these events.

Anita Raffaele

President

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Building Connections in Our Community

Whether you are new to the neighbourhood or a long-time resident, the Ranchlands Community Association building is always full of activity. Our building is often being rented out for a whole range of get togethers and parties. It is great to see people of all ages come together and have some fun!

Did you know that there are other events that happen on a regular basis?

Little Ranchlanders Playgroup

Every Wednesday at 10:00 am, moms, dads, and caretakers gather together to hang out at the hall with their little ones and play on safe and soft colourful gym equipment or move around the floor on safe and colourful little scooters. While we are all hoping for bright and sunny summer months, this is a great option for those days when it is just too hot or on rainier days.

“As a newcomer to Ranchlands, it was a great way for me to meet families with kids the same age as mine,” says Anita Raffaele. “As a stay-at-home mom, I was grateful for a place for my little guy to play as well as meet others.”

Bring your own snacks for your kids and join us when you can this summer!

Ranchlands Community Coffee

One of our main goals at the Ranchlands Community Association is to have a welcoming space for all ages. That is why we started Community Coffee on Tuesdays at 10:00 am. Did you know, you are all invited to come along and meet new faces and chat over a cup of coffee? Why not, over the summer, come and meet some new neighbours. You could pick up some gardening ideas, stroll over to and visit our Edible Forest, learn about the great walking pathways in Ranchlands, or meet some new friends.

Please join us!

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.

Ranchlands Community Garden

The Ranchlands Community Garden is thriving! This year, the weeds are finally under control due to cardboard and four inches of mulch being applied. The mulch has also really enhanced the appearance of the garden. If you have not seen the garden or are interested in gardening, feel free to drop by. It is located in the southwest corner of 1313 Ranchlands Way NW. There are still a few garden boxes left, but a good part of the growing season (starting late May) has passed. Plan now to rent a garden box for next spring. Save on the cost of groceries or donate to the Food Bank. Open to everyone including families, groups, and those new to gardening. Very economical too. Boxes cost \$15 for a regular-sized box rental (4x6) and \$20 for one of the large boxes (4x10). Please contact wendy@westviewchurch.ca.



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RANGLANDS COMMUNITY ASSOCIATION

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president@ranchlandscommunity.com

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Contact RCA Office

PROGRAM CONTACTS

Ranchlands Food Pantry Contact RCA Office

Skating Rink Coordinator Darren Angell Contact RCA Office

Living Springs Christian Church Glen Switzer 403-701-7668

186th Ranchlands Scouts 186thRanchlandsScouts@gmail.com

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

COMMUNITY CONTACTS

Ranchlands Elementary School

St. Rita's Catholic Elementary School

Rise Calgary

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Calgary.Edgemont@assembly.ab.ca

MP Pat Kelly 403-282-7980

Ward 2 City Councillor Jennifer Wyness 403-650-6936
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CSSD School Trustee Myra D'Souza 403-500-2761

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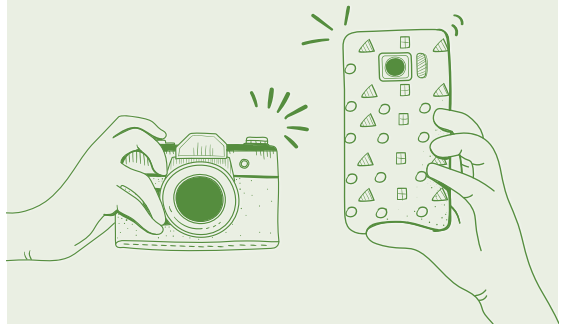
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Help Us Find a Cover Photo!

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.





186 RANGLANDS SCOUT GROUP

Are you thinking of joining Beavers (ages 5 to 7) or Cubs (ages 8 to 10)? Registration for the 2024 Scouting year will soon open!

August 1 if your youth is currently in Scouts.

September 1 if your youth is not currently in Scouting.

Fees are \$230 and this covers a period from September 2023 all the way until December 2024. Bearing in mind that we do not run over the summer - Scouting is one of the best value for money activities that you can get into!

If there's one thing that you can do to help the 186, it's to volunteer. While every volunteer position helps - our greatest need is with our weekly meetings. Our meetings run approximately 60 to 90 minutes once a week and we do the occasional weekend camp. There is some training involved and a police check, and you aren't required to attend every meeting. If you can only make one or two meetings a month - that's fine too!

Are you a student looking for some volunteer experience? You can volunteer to help lead our Beaver colony when you are 14 years old - no experience required! Volunteering helps build your resume, your leadership skills, and gets you out in the community.

Youth volunteers are also eligible to apply for three different Scouts Canada scholarships - one which is specific to Southern Alberta. You do have to put in two years to become eligible, and some years no one applies for them. Just throwing that out there...

Keep an eye out for our bottle drive - happening soon! Please reach out to us at 186thRanchlandsScouts@gmail.com for updated information!

Finally, a huge thank you to our outgoing Group Commissioner, Tara Barnett! We appreciate all the work she put in this past year and wish her well in her future endeavours!

Yours in Scouting,

Christopher Tindall

Group Commissioner

186th Ranchlands Scouting



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



Open to players ages four to nineteen years old

northsidesoccer.ca

Banana Chocolate Chip Muffins

Great to take along on a hike!

Makes about 18 muffins

Ingredients

- 1 ½ cups of sugar
- 3 eggs
- ¾ cups oil
- 2 cups of flour (whole wheat or white)
- 2 tsp. baking soda
- ½ tsp. salt
- 1 tsp. cinnamon
- ½ cup peanut butter
- 2 cups mashed bananas
- 1 cup of chocolate chips

Directions

- Beat together sugar and eggs.
- Add in oil and beat.
- Sift flour and dry ingredients and add to mixture. Beat together.
- Mix in peanut butter, mashed bananas, and chocolate chips.
- Bake at 375 degrees Celsius for 25 minutes.



News from the Friends of Nose Hill

by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A What We Heard Report will be published online this summer. Phase 2 starts in October 2023.



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Councillor, Ward 2
Jennifer Wyness
403-268-2430
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Parks Wayfinder: Discover Calgary Parks

Summer is in full force and it's the perfect time to enjoy the outdoors and visit Calgary's many parks. The Parks Wayfinder Map is a tool that helps you search for the nearest washroom, drinking fountain, waste/recycling disposal, firepit, picnic table, off-leash area, sports field, park vendor, and other amenities available in City parks.

Visit <https://maps.calgary.ca/ParksWayfinder/> to learn more.

When it Roars, Stay Indoors

Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.

Four-Legged Friends Seeking Homes

The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your forever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on calgary.ca/pets.

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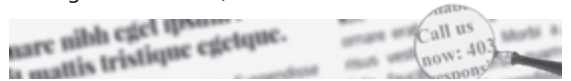
ROTARY RIBFEST - SEPT 8-10: The famous BBQ Rib and Chicken trucks from the Stampede events will be providing the food and the Rotary clubs are hosting the family fun festival with live bands, beer garden, food trucks and fun for the whole family. Check out the website for the schedule of the bands. yycrotaryribfest.ca.

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

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE
FOR THE ANSWERS!

Marda Loop Main Streets

from the City of Calgary



Construction of the Marda Loop Main Streets project is happening in a phased approach this summer until weather prevents us from continuing. Understanding the unique character and dynamics of Marda Loop, we aim to maintain and grow the area's vibrancy. We are working closely with the Marda Loop BIA to ensure Calgary knows Marda Loop is still open to enjoy, including the Marda Gras festival and summer Night Markets.

We know that improving safety for people walking, cycling, and driving in the area is a key priority for people who live, work, visit, and travel through Marda Loop. By creating new sidewalks, a multi-use pathway, and improved pedestrian crossings we are working to create safe and reliable experiences through speed separation, improved visibility, and accessibility.

Construction is variable. Although we do our best to plan accordingly to reduce the impacts on residents, construction in an older community like Marda Loop means that sometimes we run into surprises. We don't anticipate any issues, but timelines may change should we discover any unexpected conditions. We could see adjustments to our schedule throughout the construction season, so for the most up-to-date construction timing and information please visit our website calgary.ca/MardaLoop. Don't forget to sign-up for our newsletter to receive project updates direct to your inbox.

Cigarette Litter

from the City of Calgary



Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter range from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.

Memorial Drive Extension

from the City of Calgary



The City of Calgary is undertaking a Functional Planning Study (FPS) for the extension of Memorial Drive from Abbeydale Drive to the east city limits at 116 Street E. The roadway extension is part of The City's plan to establish better connectivity between communities and businesses on both sides of Stoney Trail.

The roadway extension will include a new crossing of the CN rail line and an east-west overpass across Stoney Trail (without on-or-off-ramps from Stoney Trail). All options also include connections to the Rotary Mattamy Greenway to enhance active mode connectivity for those walking and wheeling.

We have posted the What We Heard Report, which took place May 1 to 22, 2023, to our website. Our goal from Phase 2: Explore was to develop and evaluate potential design concepts based off the community priorities and feedback we heard during Phase 1: Discover.

We're pleased with the continued interest shown by the community: we received 3,591 engagement portal page views and 282 contributions of feedback. You can find additional details on the engagement opportunities, how we communicated with the community, and verbatim comments in the full report.

We'll continue our conversations during Phase 3: Reveal later this fall. The team will present the preferred design concept for feedback and review. Once Phase 3 dates are confirmed, we will share more information on our website.

For more information about the study and to learn about Phase 3 dates and engagement opportunities, please visit Engage.Calgary.ca/MemorialDriveEast or contact us at MemorialDriveEast@Calgary.ca.

WHY SO MUCH PAIN AND SUFFERING?

IS THERE A MEANING TO LIFE?

WHERE AM I GOING?

IS THERE A GOD?

WHO IS GOD?



Got Questions?

Join us for Alpha: Sunday evenings, 6-8pm starting on Sept 17.

**St. James Anglican Church
6351 Ranchview Drive NW**

Phone: [\(403\) 239-0104](tel:(403)239-0104)

www.stjamescalgary.com

**BRAIN
GAMES**

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