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Vice-President	Sharon Blackwell vice-president@ranchlandscommunity.com
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Treasurer	Bukola Abdul
Director at Large	Laurie Lin, Jessica Brander, Christy Edwards 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	403-777-6350 ranchlands@cbe.ab.ca
St. Rita's Catholic Elementary School	Cindy De Paoli 403-500-2083 stritas@cssd.ab.ca
Rise Calgary	403-204-8280 info@risecalgary.ca
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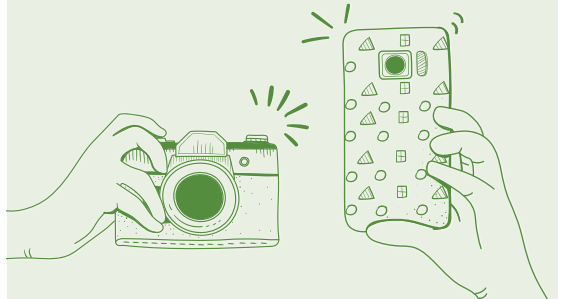
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Help Us Find a Cover Photo!

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.





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

Special Meeting Notification

Please plan to attend our Special Meeting to be held on Wednesday, September 4 at 6:15 pm, preceding the regular board meeting to review and adopt changes to our bylaws to improve operations. We intend to amend the bylaws to:

- Include Past President as a voting board member
- Expand board of directors from three people to six people
- Modify the quorum requirements for AGM
- Modify the term length for executive members

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News, Events, & More



Crime Statistics



Real Estate Statistics



Program Survey

Dear Neighbours,

We want to hear from you! As part of our commitment to fostering a vibrant and engaging community, the Ranchlands Community Association is launching a survey to gather your input on the types of programs and events you'd like to see offered. Your feedback will help us create activities that cater to all ages and interests, ensuring everyone in our community can participate and enjoy.

Our survey is quick and easy, taking only a few minutes to complete. We're interested in knowing which days and times work best for you, the types of programs you're most excited about, and the age groups that would be participating. Whether you're interested in family-friendly events, adult education classes, children's activities like day camps and playgroups, or social gatherings, we want to know!

Additionally, we're looking for enthusiastic volunteers who are willing to host or assist with these programs. If you have a passion for community building and some time to spare, let us know through the survey.

Your opinions matter and will directly influence the planning and scheduling of future programs. By participating, you help ensure that our community events are inclusive, fun, and meaningful for everyone.

Scan the QR code below to take the survey and make your voice heard. Thank you for your participation and for helping us make Ranchlands an even better place to live!

Warm regards,

The Ranchlands Community Association Team





PRESIDENT'S MESSAGE



Looking back from the middle of summer to June – a unique month in Calgary. While we have had some experience in recent years with water restrictions, the impact of the water main break was felt by everyone. There was great ingenuity that I saw from the way friends and neighbours changed habits and the way our community association adapted as well. While we are not big water consumers, even the efforts to use grey water to preserve the donation of flowers we received made a difference.

Our Neighbour Day Eve event on June 14 was a lovely evening. Almost 400 people attended and enjoyed activities including yard games, a petting zoo, a bouncy castle, craft tables, and delicious food. It was nice to meet many of you. There was a survey sent out after the event and some great suggestions for future events. We appreciate the time that people took to share ideas. If you still have ideas, please email me at president@ranchlandscommunity.com. We continue to explore ideas for events and programs. The RCA board is meeting to discuss this topic on July 28.

Looking forward from the middle of summer to September – anticipating that August will be a great month in Ranchlands. Outside, the beautiful trees and natural green spaces we have are very enjoyable for outdoor time. Inside, there are several programs we are investigating that support our desire for food security for individuals and for the community. Please watch our Facebook page to see what is coming. Of course, we will be looking for ways for you to be active residents and community members to ensure we can offer what the community needs.

As a reminder our bylaws that govern us were revised in 2017 and will have a small refresh in September.

We are inviting everyone to a short Special Meeting on Wednesday, September 4 at 6:30 pm to approve the changes and submit. One item is to increase the number of board members to allow for greater input and diversity in our group. This would be wonderful if we could have these in place before our Annual General Meeting in November.

Kathy Ervin

President, RCA





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Introducing Our New CSA Program with Shirley's Greenhouse

Hello Neighbours,

We're excited to introduce a new initiative in our community: the Community Supported Agriculture (CSA) program with Shirley's Greenhouse! As your community association, we will act as the CSA Captain, making it easier for everyone to get involved.

What is a CSA?

CSA stands for Community Supported Agriculture. It's a fantastic way for us to get fresh, locally grown vegetables every week while supporting our local farmers. When you join a CSA, you commit to buying a share of the farmer's harvest for a season.

About Shirley's Greenhouse

Shirley's Greenhouse is a family-owned farm located east of Didsbury, Alberta. They grow a wide variety of vegetables, including cucumbers, tomatoes, lettuce, kale, and more. What makes them special is their commitment to growing produce without synthetic pesticides, using beneficial insects instead. Their vegetables are top-quality, bursting with flavour, and grown hydroponically to ensure the best texture and nutrition.

Benefits for You and the Farmer

Fresh and Healthy Produce: Each week, you'll receive a mixed box of fresh, delicious vegetables. It's a great way to eat healthily and try new veggies.

Support Local Farming: By joining the CSA, you're directly supporting a local family farm, helping them continue their sustainable farming practices.

Community Connection: Being part of the CSA connects you with your neighbours and your local food system, fostering a sense of community and shared purpose.

How It Works

Sign Up: Each member pays \$250 upfront for the season, which covers ten weeks of produce. That's just \$25 a week for a box full of fresh vegetables!

Weekly Pick-Up: As the CSA Captain, we will coordinate the weekly pick-up from the RCA building. You'll receive your produce box every week without any extra delivery fees.

Enjoy Your Veggies: Each week, you'll enjoy a variety of fresh vegetables grown with care and dedication.

If you're interested in joining or have any questions, please reach out to us. We're looking forward to bringing this fantastic program to our community and supporting Shirley's Greenhouse together.



International Left-Handers Day

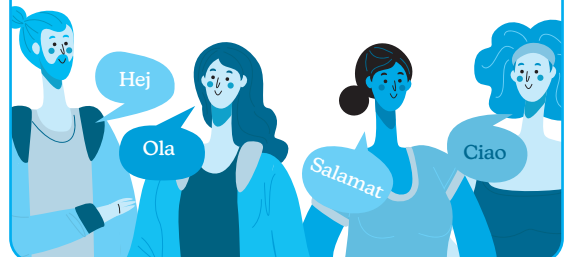
August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.

Word of the Month

Mellifluous: *adjective* (muh-lif-loo-uhs)

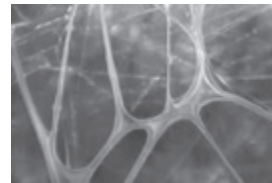
Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.



Pain Management or Pain Elimination

The Myofascial Release Approach is considered to be the ultimate therapy that is safe, gentle and consistently effective in producing results that last.



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We view pain from two different perspectives. In Western medicine we avoid pain, “mask” the symptoms and teach the patient to cope with their problem. It does not cause direct trauma, but forces people to be satisfied with limited results. This leads to the possibility of cumulative trauma. Untreated restrictions can cause microtrauma to the patient’s system over time. This microtrauma is like a ticking time bomb left in the system, forcing a return of symptoms or a shift to another area.

The other perspective is “no pain, no gain.” Many times patients have been instructed to exercise and force their way through the pain. Which means a lot of strong patients in agony. Or aggressive manual techniques and manipulations producing force into structures with little or no attention to the tight surrounding myofascial environment. The force used creates the possibility of increased pain, injury or a return of symptoms. This is because the environment of every structure, the myofascial system, had not been released first.

Would you consider a third possibility? Myofascial Release Massage can safely free the structures and/or create a more open environment to enhance the effectiveness of manipulation, mobilization procedures, exercise and flexibility programs. One aspect of the Myofascial Release Approach is where the therapist applies gentle, sustained pressure into the fascial system, creating what the patient reports as a feeling of good pain or a good stretch. Release of the pressure of the fascial system around the muscles, nerves, blood vessels and the osseous structures creates a free, mobile environment of these pain-sensitive structures, producing consistent results in relieving pain and restoring functional mobility. The other aspect is the sophisticated technique called Myofascial Unwinding. The therapist takes gravity out of the system so the body can tap into its own self-correcting mechanism (Barnes).

The Myofascial Release Approach is more than just an assemblage of techniques. Instead, it creates a whole-body awareness allowing the health professional to facilitate change, growth and the possibility for total resolution of restrictions, emotions and belief systems that impede patient progress.

Sheena Taggart RMT
Connective Wellness Myofascial Release Massage
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References
Today Vol. 5, No. 40 Mind & Body by John F. Barnes



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SUDOKU

7					9			4
	3			4			1	
		9	2			3		
9						1		
	4						8	
		2						6
		4			3	5		
	2			1			6	
1			6					9

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News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.



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