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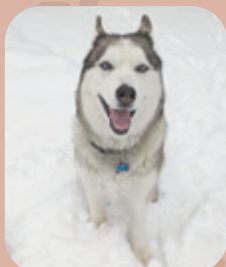
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| Wednesday | 7am - 7pm |
| Thursday | 7am - 7pm |
| Friday | 7am - 5pm |





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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BOARD OF DIRECTORS 2024-2025

| | |
|-------------------|--|
| President | Kathy Ervin president@ranchlandscommunity.com |
| Vice-President | Sharon Blackwell vice-president@ranchlandscommunity.com |
| Secretary | Miranda Christin |
| Treasurer | Bukola Abdul |
| Director at Large | Jeannette Biazon, Mike Luinge, Amjad Cheema |

PROGRAM CONTACTS

| | |
|---|---|
| Ranchlands Food Pantry | Contact RCA Office www.ranchlandscommunity.com/RFP |
| Skating Rink Coordinator | Darren Angell Contact RCA Office |
| 186th Ranchlands Scouts | 186thRanchlandsScouts@gmail.com |
| Girl Guides of Canada: Wichewakn District | 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@cbsd.ab.ca |
| Rise Calgary | 403-204-8280 info@risecalgary.ca |
| MLA Julia Hayter | 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 | Vacant |
| CSSD School Trustee | Myra D'Souza 403-500-2761 |

RCA OFFICE AND HALL RENTALS

Office Holiday Hours

From all of us at the RCA, we wish you the very best this holiday season! We look forward to continuing to support the Ranchlands community in 2026!

- Monday, December 22 - 9:00 am to 2:00 pm
- Tuesday, December 23 - 9:00 am to 2:00 pm
- December 24 to 26 - Closed
- Monday, December 29 - 9:00 am to 2:00 pm
- Tuesday, December 30 - 9:00 am to 2:00 pm
- December 31 to January 2 - Closed

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PRESIDENT'S MESSAGE

Annual General Meeting Items to Note

Our 2025 AGM was another success. We had more than enough people to meet quorum and with that we were able to pass the revisions to our bylaws and elect three new board members to the RCA Board of Directors—you will see their profile introductions in the coming months. Please welcome Jeannette Biazon, Mike Lunge, and Amjad Cheema. I am pleased and honoured to have been re-elected as the RCA President along with the re-elected incumbents Sharon Blackwell as Vice-President, Miranda Christin as Secretary, and Bukola Abdul as Treasurer for another year. I want to take this opportunity to thank our outgoing Directors, Christy Edwards and Laurie Lin. Your contributions were appreciated.

Our revised bylaws were approved at the AGM and have been submitted to Corporate Registries for their review. The material changes to be aware of are that we are increasing the number of directors from three to six, changing the term of office for the Executive Officers from one year to two years, alternating start of the terms, including the Past President as a non-voting director for one year.

December Events

December will see our community association hall as a busy and bustling place. Rentals continue to increase to support the operations costs of the building. There will also be a number of events for community members to come and enjoy.

- Annual Winter Market – Saturday, December 6 from 10:00 am to 3:00 pm.
- Ranchlands Winter Wonderland – Sunday, December 14 from 2:00 to 4:00 pm.
- Light It Up Event – As an enhancement to our holiday light event from last year, this year will include ways for everyone to participate, enjoy, and win prizes.

Please check the Ranchlands Community Association website and follow us on social media (Facebook and Instagram) to get the exact times of upcoming events and what to expect.

Looking Ahead to 2026

Community residents are always welcome to attend the monthly board meeting. Please check with the office

to confirm dates and times, as we sometimes make adjustments to our schedule.

The good work of the staff and the board will spill into next year. There is an energy among us to be able to respond and plan for the needs of the community. Thanks to those who replied to the resident survey—you shared some great ideas that are now under consideration, and we will be determining what and how to implement some of these.

Regards,

Kathy Ervin

President, Ranchlands Community Association



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AGM - Thank You to Our Residents!

A heartfelt thank you to everyone who attended our AGM on November 2. We had a fantastic turnout, and it was all thanks to you!

We also want to extend our gratitude to our board—without their hard work and dedication, the RCA wouldn't be the same. A special thank you to our outgoing board members, Laurie and Christy, for your contributions over the years.

Congratulations and a warm welcome to our new Directors at Large, Jeanette, Mike, and Amjad—we're excited to have you on board!

We have lots of exciting plans for 2026, and we look forward to having the residents of our community join us in celebrating and strengthening Ranchlands together.



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



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ALBERTAWOOD

Hollywood isn't the only location to shoot great films; Alberta has become a popular backdrop for many beloved films over the years. Most recently *Die My Love* was filmed here but other blockbusters include *Brokeback Mountain*, *Jumanji: The Next Level*, *Cool Runnings*, *Inception*, *Interstellar*, *Legends of the Fall*, *The Revenant*, *Ghostbusters: Afterlife*, and many, many more!





News from the Friends of Nose Hill

by Anne Burke

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.

Ranchlands Winter Wonderland: Celebrate the Magic of the Season!

Sunday, December 14

2:00 to 4:00 pm

Ranchlands Community Association

Step into a world of holiday cheer at our Winter Wonderland Festival!

Meet Santa! Share your holiday wish list and snap a festive photo with the jolly man himself!

Decorate delicious tree-shaped sugar cookies, a sweet treat that's as fun to make as it is to eat.

Hum along to your favourite holiday tunes and enjoy the cozy, festive atmosphere with family and friends.

Create a personalized family ornament to take home; a keepsake you'll treasure for years to come.

Warm up with hot chocolate and coffee as you take in all the holiday magic around you.

Free admission!

We are grateful for any non-perishable food donation in support of the Ranchlands Food Pantry program.

Come make magical memories with your neighbours—we can't wait to celebrate the season with you!



Light It Up Ranchlands!

Get ready to spread some festive cheer—it's time to Light Up Ranchlands!

Whether it's twinkling lights, festive inflatables, or creative displays of kids' artwork in your windows, every decoration counts. Big or small, we want to see it all!!

How to Participate:

Submit your address to be entered into our prize draws and let us know where to find your festive display. You can find the link on our website or Facebook page.

When:

During the week of December 15, the RCA board and staff will be cruising through Ranchlands to admire your decorations and spread a little holiday cheer.

Prizes:

Yes—there will be prizes! Enter your decorated home for a chance to win some really awesome prizes! Prize winners will be randomly drawn on Facebook Live mid-December.

Let's come together as a community and Light Up Ranchlands in style this holiday season!



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SCAN ME

Important Updates for AISH and Alberta Disability Assistance Program

For those of us living in our community, we are very fortunate to have Rise Calgary offering free support to residents right in our community. Over the last several months, volunteers and staff have been fielding inquiries from residents, family members, and friends about the proposed changes to the Alberta's disability program. Committed to ensuring Ranchlanders understand how these changes could affect our community residents, Salimah Kassam, Rise Calgary Executive Director shared the following insights about how the proposed policy changes could affect people with disabilities living in our community.

Alberta's Transition from AISH to ADAP

The Government of Alberta is introducing the Alberta Disability Assistance Program (ADAP), which will replace AISH for many recipients starting July 1, 2026. Key changes include:

- Automatic Transfer: Current AISH recipients will be moved to ADAP unless they reapply and are approved to remain on AISH.
- Reduced Benefits: ADAP provides \$200 per month less than AISH, resulting in a \$2,400 annual income loss.
- Employment Expectations: ADAP introduces mandatory work-related criteria, regardless of disability severity.
- No Appeal Process: Decisions made by a government-appointed panel will be final.
- Rent Increases: AISH recipients in community housing may see rent increases of up to \$220 per month.

Canada Disability Benefit (CDB)

The Canada Disability Benefit launched in 2025, offering up to \$200 per month to eligible working-age adults with disabilities. However:

- Alberta is clawing back the CDB from AISH payments, meaning recipients may not see any financial gain.
- AISH recipients are required to apply for the CDB, even if they won't benefit due to the clawback.
- Applying for the required Disability Tax Credit (DTC) can cost up to \$300, creating additional barriers.

Inclusion Alberta's Response

Inclusion Alberta has voiced strong opposition to both the ADAP transition and the CDB clawback. Their concerns include:

- The changes will increase poverty and reduce autonomy for people with disabilities.
- ADAP's employment expectations are unrealistic and discriminatory, especially without inclusive supports.
- The loss of appeal rights is unjust and undermines dignity.
- Alberta is the only province clawing back the CDB, which Inclusion Alberta calls punitive and mean-spirited.
- The DTC application process adds financial and administrative burdens for those already facing hardship.

Inclusion Alberta continues to advocate for:

- Full exemption of the CDB from income calculations.
- Preservation of AISH as a stable, unconditional support.
- Voluntary, inclusive employment supports tailored to individual needs.



ALLODOXAPHOBIA

Living in a society, we all feel a bit insecure or anxious about fitting in sometimes. But did you know there is actually a phobia called Allodoxaphobia that is the fear of other people's opinions? It is an anxiety disorder that can cause people to avoid engaging in discussions or debates for fear of being judged or criticized. Be kind out there! We're all just trying our best.

St. Rita School: A Season of Learning, Reflection, and Celebration



As the year draws to a close, St. Rita School is alive with the spirit of community and faith. November was a month filled with meaningful experiences—students honoured Canada's veterans through thoughtful Remembrance Day activities and classroom reflections. They also explored creativity and culture through a dance residency that concluded with a performance for parents, took field trips to the Telus Spark Science Centre, and celebrated Métis Week with a visit from a Métis fiddler who taught students the lively art of jigging.

As we enter the liturgical season of Advent, the school community is turning its focus toward prayer, preparation, and hope. Advent liturgies will be celebrated throughout December, offering students and staff opportunities to reflect on the coming of Christ and the true meaning of the season. Students will participate in the Warm Feet for the Street service project through the Mustard Seed.

The month ahead also brings joyful community traditions: the Christmas Concert and Bake Sale promise festive music and delicious treats, while the Ranchlands New Horizons Seniors Group will visit to enjoy an early rehearsal. In return, students will share handmade Christmas cards with the seniors, spreading warmth and cheer. Every student will also join in gingerbread house decorating, a cherished St. Rita tradition that brings smiles to every corner of the school.

At St. Rita School, faith and learning come together in joyful celebration—reminding all that this season is as much about giving and gratitude as it is about growth and community.

Ranchlands Outdoor Rink Season Will Be Upon Us

As the days are getting chillier, we are fast approaching that time of year when the Ranchlands Community Association gets the outdoor rink ready to roll. Our community organized outdoor rink is one of just a few in the city and is such an important part of our community. Whether you are out walking or playing, it is so nice to hear the swoosh of skates, crack of slapshots, and sounds of laughter and fun, as people of all ages from our community enjoy the ice in our community rink.

Each year we have a team of rink volunteers who come together to make sure that the ice is good for hockey games and family skates on Wednesday and Sunday. And while the rink and ice may feel magical, it would not happen without our Rink Coordinator and three teams giving a couple of hours of their time three times a week on Monday evening, Thursday evening, and Saturday morning. Each team of four adult volunteers snow blow, power sweep, hand shovel the edges and players boxes, and then the big moment—flood the ice all in two hours or less, depending on the weather.

If you want to volunteer, no previous experience is required—but if you have ever shovelled a sidewalk or driveway, you can pretty well do the job! Please consider joining our group. You can call the office or email the office to sign up or get more information at 403-241-0335 or ranchlandscommunity@outlook.com.

This amazing group of Ranchlanders work throughout the winter to make sure our rink is open for kids and families and we are grateful for each one of them.



Adult ADHD

by Carley Hyder, Reg. Psychologist



The typical stereotype of Attention Deficit/Hyperactivity Disorder (ADHD) often centres on young boys who appears restless and unable to sit still. However, ADHD has vastly changed now that research in the past ten years has (finally) branched out to include girls and adults. Adult ADHD is one of the top diagnoses right now, next to adult autism because so many of us were missed or never diagnosed as children. What does adult ADHD look like? Adult ADHD can differ by person, but these common traits are associated with adult ADHD:

1. **Disorganization:** Documents being scattered, messy cabinets/closets, missing appointments. Some people are able to 'keep it together' at work, even when their home life feels chaotic. This is called masking, and can work for a while, but can also lead to burnout. Other people struggle to stay employed due to the severity of their disorganization.
2. **Impulsivity:** Some indicators include impulsive spending, impulsive decisions, and erratic changes in daily schedule. Some individuals may not be able to

plan for things in advanced. There also seems to be a preference for change their routine.

3. **Executive Function:** The ability to plan and execute, such as meal planning, prioritize tasks, and being able to stick with them might be challenging.
4. **Struggles To Get Simple Activities Completed:** Having a hard time doing chores or tasks that are not exciting or 'less dopamine rich' such as dishes, laundry, tidying up, and balancing a budget.

If this sounds like you, you could have some of the symptoms associated with ADHD. There are great tools to help you stay on task and organized. Use a calendar to keep track of deadlines, appointments, and events. Do the less favourable task first, followed by a 'reward' or favourable task. Try to schedule each day to get a balance of items completed. You are not in this alone, ask for help; professional organizers, financial planners, executive function support from a licenced psychologist and in some cases, talking to your family doctor can also be helpful.

Batters Up! Holiday Baking and Life Skills with 4-H



Baking isn't just about cookies or muffins — especially during the holiday season, it's a hands-on way for kids aged 9 to 15 to learn practical skills while creating festive treats. The Batters Up Baking Club, part of 4-H Alberta's Intro Clubs, gives young bakers a chance to explore new recipes, practice teamwork, and discover the science behind their favourite holiday goodies.

Each week, participants try a new baking activity, from holiday cookies to pies, brownies, and cupcakes. Along the way, they also practice planning, measuring, following instructions, and record-keeping, all skills that are part of 4-H's life-long learning approach.

Fun Baking Fact: Did you know that baking powder creates tiny bubbles of carbon dioxide that make dough rise? This is why muffins and cakes become light and fluffy! Learning the "why" behind baking steps helps young bakers become confident and creative.

Even at home, kids can explore similar skills from measuring ingredients to blending flavours in simple projects like a quick orange creamsicle smoothie, made with 1 cup of orange juice, 1½ cups of vanilla

Greek yogurt, 2 peeled oranges, 2 frozen bananas, and 4 teaspoons of vanilla extract. Try this at home for a refreshing twist on holiday flavours.

Through the 4-H Intro Club, kids not only create delicious treats but also gain confidence, learn teamwork, and explore new ideas all while having fun in a supportive environment. Baking becomes more than just mixing ingredients; it becomes a way to explore science, math, and life skills in a hands-on, memorable way. Whether it's measuring sugar, stirring batter, or decorating cupcakes, every step teaches something new and what better way to celebrate the season than with treats made by your own hands?

Find out more about 4-H Intro Clubs at 4hab.com/member or email introclubs@4hab.com.

Warm Up to Winter in Calgary Parks

by The City of Calgary



Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crockicurl, and ride an ice bike in our parks.

We have several established outdoor, natural ice-skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? Check out the outdoor rink, firepit, and decorative winter displays this winter.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit [Calgary.ca/winteractivities](https://calgary.ca/winteractivities).



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X Marks the Festive Spot



You might think “Xmas” is just a modern-day abbreviation for Christmas—but it actually dates back to the 16th century! The “X” comes from the Greek letter “Chi” which is the first letter of the word “Christos” meaning “Christ”.



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