

JANUARY 2025

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Dr. Jay Saffary

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# RANGLANDS COMMUNITY ASSOCIATION

🏠 **RCA OFFICE:** 7713 Ranchview Drive NW Calgary AB T3G 2B3 • 📞 403-241-0335  
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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	Laurie Lin, Christy Edwards, Nadine Bird Contact RCA Office

### 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@cssd.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

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News, Events, & More



Crime Statistics



Real Estate Statistics





## PRESIDENT'S MESSAGE

### Reflections For 2024 and Starting Off 2025

Happy New Year to all our Ranchlands residents and families. Our wish from your Board of Directors is for a safe and prosperous year ahead. Our community vision is that Ranchlands fosters a welcoming, vibrant, and inclusive community where you belong. Our board is committed to aligning our plans and governance with this vision.

We sure hope that the postal strike is behind us and that you have a copy of the January *Roundup* in your mailbox. Certainly, the effects of a postal disruption were felt in many small, medium, and big ways and had large impacts for people relying on the postal system for their livelihood. In the business of the association, we felt it in small but manageable ways, but impacted, nonetheless.

As I reflect on the past year, I see a strong community. Our Food Pantry program is great evidence of the caring and supportive neighbourhood we have. We saw a steady increase in the number of people reaching out for assistance. However, we also saw individuals making donations of food and money, businesses contributing, and the schools embracing this vision of an inclusive community, that help each other out.

Successes that we enjoyed included our Bee Hunt in May and Witch Hat Hunt in October. We hosted a Neighbour Day event in June. Very significantly, our mural was completed and unveiled in October. November started with a lively AGM with many people attending and finished with a very successful Winter Market. We will have a more detailed report of how our Holiday Light Contest evolved for the February edition of the *Roundup*.

For the year ahead, we will be focusing on ensuring that our Food Pantry is adequately stocked by having a food and donation drive to keep us operating with full cupboards. We will be hosting tax preparation opportunities for people in conjunction with the Canada Revenue Agency volunteer program and want to find ways to reduce vandalism and engage youth who may not have a good sense of community.

Finally, we have a chairperson for our Casino (June 6 and 7)! That is a big relief to have our main funding event underway and in hand. If you wish to volunteer, please email [president@ranchlandscommunity.com](mailto:president@ranchlandscommunity.com).

If you have never volunteered at a casino before and are wondering what is involved, please reach out. We are anticipating a significant amount of money from that event to support our ongoing operations and programs costs.

We welcome your input and ideas for the year ahead.

*Kathy Ervin*

President, Ranchlands Community Association



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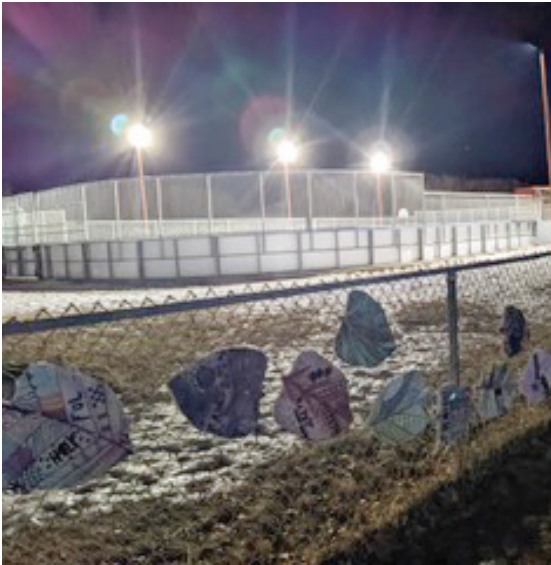
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## The Ranchlands Rink

Our Ranchlands rink team is full. Thank you Ranchlanders!

It is the perfect time of year to come along and play some shinny or take a few skates around the rink and enjoy the winter outdoors. The rink is full sized and measures 200 feet by 85 feet – precisely the right size for a game of shinny or a chance to practice a toe loop or Salchow!

In case you did not know, the RCA website has a dedicated page for the rink. Very prominently featured on that page is a “rink status” so everyone can know when the rink is officially open (<https://ranchlandscommunity.com/ranchlands-rink/>).



## Become a Volunteer Tax Preparer!

Tax season is just around the corner and Ranchlands Community Association (RCA) is pleased to help our residents with preparing their taxes. Through the Community Volunteer Income Tax Program, RCA will be able to host free tax clinics where volunteers can complete tax returns for people with a modest income and a simple tax situation. We plan to host these sessions in the spring and will have more details very soon.

To help us be successful, we will need volunteers. Whether you prepare tax returns or provide support, you will be helping people who are unable to do their taxes on their own. Although it's helpful, you don't need experience doing tax returns to volunteer. All volunteers are offered web-based training on how to do taxes, using tax software, and determining their responsibilities. Online training can be supplemented with in-person training or virtual training sessions. We will need volunteers to host and review documents as well as prepare. And it is also possible to do the tax preparation online.

If you are interested in being part of this program, please call the office at 403-241-0335 or send an email to [ranchlandscommunity@outlook.com](mailto:ranchlandscommunity@outlook.com).

More information about the Community Volunteer Income Tax program itself can be found online at <https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/lend-a-hand-individuals/roles-responsibilities.html>.

Word of  
the Month



*Cynosure*. noun (SIGH-noh-  
syoor)

A center of attraction  
or attention.

*The bride was the cynosure of  
all eyes at the wedding.*

## Community Garden Volunteer Opportunities!

Looking for a way to contribute to Ranchlands? Interested in construction?

The Ranchlands Community Garden (1313 Ranchlands Way NW) has been in operation for over ten years. We are in the process of upgrading our 23 garden boxes because the current boxes are past their best. Our new plans are based on a visit to the Silversprings Community Garden, where our group received a wealth of information from the garden co-chair.

So now we are seeking volunteers to help rebuild garden boxes and other tasks associated with enhancing the garden. The assembly of the garden boxes requires energetic volunteers who enjoy the physical labour associated with construction or have creative ideas. Interest in gardening is not required, nor is membership with the community. You just need to have a desire to contribute to get things ready for the next planting year.

Construction will take place over the year. If interested, please contact Glenn, Ranchlands Community Garden volunteer, via email at [glswanson@shaw.ca](mailto:glswanson@shaw.ca).



## 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



## Making Our Community Safer



- Motion detector lights.
- Ensure tools like shovels, ice chippers, and ladders are stored securely and not left outside.
- Remove graffiti and vandalism as soon as possible.

### Report All Instances

- Found Graffiti: Report on 3-1-1.
- Crimes in progress (including graffiti): Call 9-1-1.
- Non-emergency reports: 403-266-1234.
- Non-injury reports: Report online.



## A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes. Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.

# St. Rita Elementary School Update

The staff and students at St. Rita Elementary School wish everyone a very Happy New Year! Our Advent and Christmas seasons were full of excitement and joy.

St. Rita has a school choir this year for the first time in many years. Our choir sang for the Ranchlands New Horizons Seniors group on December 3. The students loved having someone to perform for, and the seniors said it really put them in the Christmas spirit! Every child at St. Rita made a personalized Christmas card for one of the seniors as well. We hope to collaborate with this group of amazing neighbours again soon!

The choir also travelled by bus to senior residences in the NW and sang their hearts out. All students in the school performed for the community at the Christmas concert.

Skate Shack will be visiting the outdoor rink again this year for St. Rita students. This organization provides the equipment needed for skating on the rink. This proved very popular with our families last year and led to many families trying skating for the first time!

Kindergarten registration for St. Rita begins in February. Please check online for registration information and forms and watch for our advertising signs in the community.



Soccer in the Community  
 Winter: Jan - Feb  
 northsidesoccer.ca

## Cats, Canines, & Critters of Calgary



Bear, Palliser



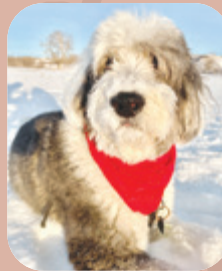
Buster, Hamptons



Lizzy, Huntington Hills



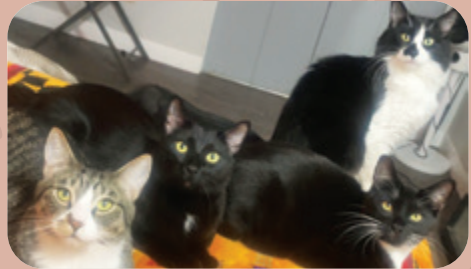
Mirabella, Lower Mount Royal



Poupie, Deer Run



Toby, Douglasdale

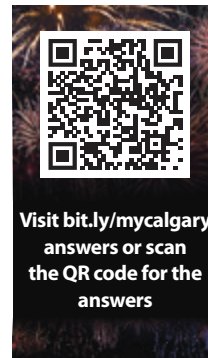
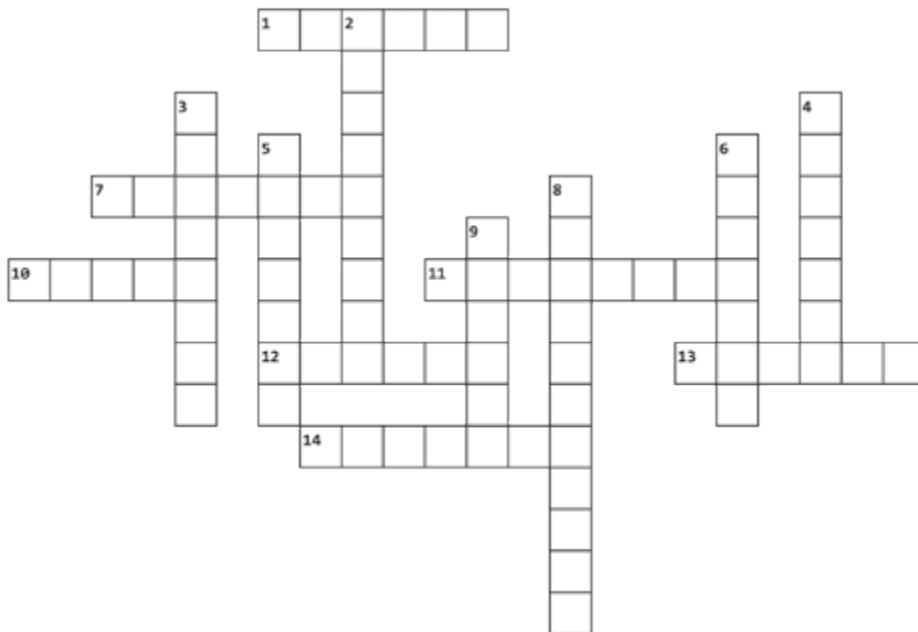


Luka, Kiba, Shinji, and Von, Shawnessy

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



# January Crossword



## Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert “Tim” \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
7. World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter \_\_\_\_\_’s debut single, “TiK ToK,” reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney’s popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

2. Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
6. Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. “Wedding March”, composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.



## News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.



MP Calgary Rocky Ridge

**Pat Kelly**

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Calgary, AB T3G 5H6

📞 403-282-7980 📠 403-282-3587

✉ [pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

I hope everyone had a Merry Christmas and a Happy New Year!

In November, I spoke and laid a wreath at the Bowness Legion Remembrance Day service where we honored those who served, those who continue to serve, and the fallen. I was honored to speak at the Holodomor Commemoration in Calgary. I visited the Foothills Academy's Grade 9 student classroom to talk about being a Member of Parliament and the history and theory of the Parliamentary system.

This winter, I stood up for Canadians in both the House of Commons Chamber and at the Finance Committee. Last spring, Parliament voted to order the government to produce unredacted documents related to Sustainable Development Technology Canada (SDTC), a "Green Slush Fund" where whistleblowers revealed that connected insiders voted to give \$400 million of public money to their own companies, and hand them over to the RCMP. The government failed to do so. Each of my Conservative colleagues has spoken in the House of Commons on this very important motion to release the documents.

The Finance Committee has studied the effects of the Capital Gains Tax increase on Canadians and undertaken pre-budget consultations. This government's tax policy is killing jobs by driving investment and skilled Canadian workers out of the country. Business investment in capital like machinery, equipment, training, and intellectual property is shrinking, and productivity is falling. My Conservative colleagues and I will name a Tax Reform Task Force of entrepreneurs, inventors, farmers, and workers to design a tax cut that will allow Canadians to earn powerful paycheques and pensions and cut the paperwork and bureaucracy in the tax system by at least 20%.

Feedback from Calgarians is very important to me, please feel welcome to contact me through my Calgary office.

It remains my honour to represent you at the House of Commons as your Member of Parliament.



MLA Calgary-Edgemont  
**Julia Hayter**

✉ [juliahayter@albertandp.ca](mailto:juliahayter@albertandp.ca)

📘 @NDPjulia

📷 @NDPjulia

✂ @NDPjulia

Happy New Year Everyone!

I hope all of you had a fantastic holiday season and were able to enjoy your time with family and friends.

I was thankful to go to so many wonderful community events such as the Christmas Markets held by the Dalhousie, Edgemont, and Ranchlands Community Associations. Ranchlands also held a Holiday Lights contest, and it was thrilling to see how beautiful and elaborate some of the houses were.

I want to thank everyone who has donated to these and other organizations for their Food Hamper Programs during the Christmas season, as well as to my office for the Period Poverty campaign. I encourage everyone to continue donating items such as period products, diapers, and baby formula throughout the year as there are always people in need of these expensive products.

Before session sits again this spring, I will be attending schools in Calgary-Edgemont for MLA presentations to Grade 6 classes on how the legislature works and the role of a provincially elected representative. I always enjoy these visits as it's a chance to speak with kids on the importance of civil engagement and hear directly from teachers on some of the challenges they face on a daily basis.

Keep an eye out for me in your community as I continue to knock on doors in the constituency. It is truly one of the best ways to hear directly from folks about the issues that are most important to them.

As always, I am looking forward to the opportunity to connect with you, whether it's at a community event or if you want to reach out through email. You can also follow me on social media at @NDPJulia to hear about all my adventures.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters.



Councillor, Ward 2  
**Jennifer Wyness**

☎ 403-268-2430

✉ [Ward2@calgary.ca](mailto:Ward2@calgary.ca)

🌐 [Calgary.ca/ward2](http://Calgary.ca/ward2) 📘 Ward2Wyness

📷 @WynessJennifer ✂ @JenniferWyness

Happy New Year!

As we step into 2025, I hope everyone had a restful holiday season and is feeling energized for the year ahead. January is a time for fresh starts and new goals, and our community is no different. Stay tuned for updates, and let's make this year a great one!

### **Budget 2025**

This past November, I was among several Councillors who brought forward amendments to reduce spending in this year's budget and focus the City's dollars on core infrastructure. I ultimately voted no against the budget, which passed with a 9-6 vote. I have released my full statement with rationale for how I voted and a summary of the amendments I supported. You can find this statement on our webpage at [Calgary.ca/ward2](http://Calgary.ca/ward2).

### **Are You Between the Ages of 18 and 24 and Looking for Work?**

If you're a young Calgarian looking for work or guidance on kickstarting your career, now is the perfect time to check out the City of Calgary's Youth Employment Centre (YEC)! Offering free, drop-in employment services, the YEC can help you with resume targeting, job search strategies, interview prep, and more.

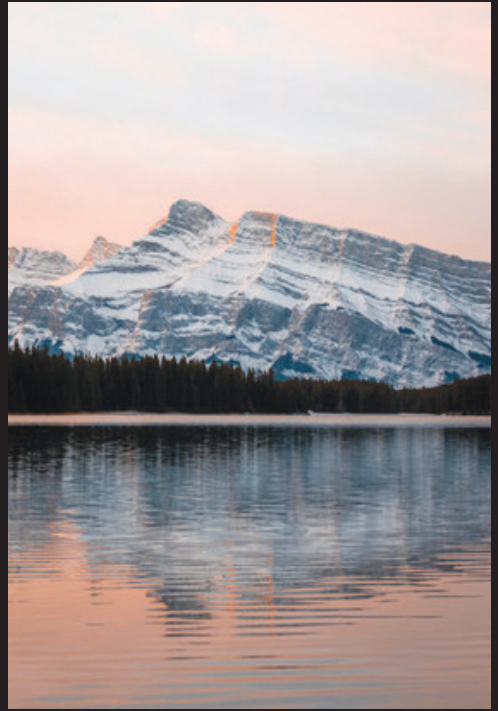
Located at 315 10 Avenue SE, the YEC connects you with local employers who are actively hiring. With spring around the corner, it's a great time to get ahead of the game and prepare for job openings. Whether you're just starting your job search or aiming to take your career to the next level, the YEC can support you every step of the way.

No appointment is needed. Call 403-268-2490 for more details or visit the YEC during their open hours. You can also visit [calgary.ca/careers/youth-employment](http://calgary.ca/careers/youth-employment) for more information.

As we kick off the new year, let's work together to make 2024 a year of growth, connection, and positive change. Stay warm, and we'll see you around the neighbourhood!

# Photo Gallery

by Jirapan Nilmanee (Mik)



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**DOG LIFE YYC:** We are a family-run Dog Care Service catering to Arbour Lake and surrounding area. We offer small group off-leash walks and customized obedience training for all breeds. "Every Dog Needs A Purpose" For more information, please call 403-688-5566, email us at info@doglifeyyc.ca, or visit us online at www.doglifeyyc.ca.

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## ***A SUPER BOWL SHOWSTOPPER!***

On January 24, 1984, Apple Computer Inc introduced the world to their Macintosh personal computer. Apple hyped it up just two days earlier with an epic Super Bowl ad directed by Ridley Scott. The ad, inspired by Orwell's 1984, boldly declared Apple was here to smash conformity—and it worked!



## ***Polar Bears' Secret Colour***

Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent! The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.



# How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

**6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

### Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.



Michael & Willemine Montgomery

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