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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

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PRESIDENT'S MESSAGE

As our community continues to grow and thrive, I am happy to have a role in the continuation of Ranchlands excellence. We appreciate the support of the City to help us operate successfully with grants and suggestions. Our new signage and ideas for how to use it to promote our activities are welcome.

Fall Events

We are partnering with House Concerts to bring live music to the community. Keep an eye on our Facebook page and website to know when the next one is. Our focus right now is getting ready to welcome vendors and guests to our Annual Winter Market which will be held December 6. Come and see how creative people can be!

Our Holiday Light Contest is back – with some improvements that will make it easier for everyone to participate. Everyone is welcome to submit an entry – anything from a single candy cane to an extravaganza of lights and decorations are welcome. Take a picture and email it to president@ranchlandscommunity.com. All entries will be entered into a prize draw. The date for the announcement will be on Facebook and the website.

Annual General Meeting

Our AGM is now in the books – updates are available as to the outcomes of the bylaw amendments and who the board representatives are. With continued improvements in attracting rentals and programs we are anticipating maintaining a steady revenue to operate our building and encourage new programs.

Beautification and Maintenance in Ranchlands

We have had some nice feedback from residents regarding some simple updates that are reflecting pride in Ranchlands. There has been no further planning yet to discuss fences. As I go about the city, particularly in the northwest, fences are a 'thing' in many communities. We will see what the new year brings...

Regards,

Kathy Ervin

President, Ranchlands Community Association



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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Investing Wisely — In Yourself and Your Community

Featuring our ever-cheerful Treasurer, Bukola Abdul

When people think of investing wisely, they often picture numbers, spreadsheets, and financial strategies — all things our treasurer knows well. But as she reminds us, there's another kind of investment that pays lifelong dividends: how we invest in our attitude.

Always smiling and quick with a kind word, she believes gratitude is the most powerful currency there is.

"How you think is one of the most important investments you can make," she says. "Just like saving or budgeting, gratitude and optimism compound over time — they grow. When you train your mind to notice small, good things, you're building emotional wealth."

Her approach isn't about pretending life is perfect. "Gratitude doesn't erase tough moments," she adds. "It just reminds you that even on the hardest days, something kind or hopeful still happened. Maybe a neighbour waved, or the sunset was beautiful. Those small things are like deposits that keep you steady."

It's an approach she lives by — one that blends practical wisdom with a generous spirit. Alongside her advice about smart financial decisions, she encourages small, daily "self-investments" that can shift your whole outlook.

"Try the Three Good Things habit," she suggests. "Every night, write down three small positive moments from your day and one reason each mattered. It's quick, free, and it changes how you see the world."

That same energy has inspired ideas like a Community Gratitude Jar and Gratitude Poster, where neighbours can drop notes of thanks or small wins to be shared publicly.

"Gratitude grows when we share it," she says. "When we notice and celebrate small kindnesses — a shovelled walkway, a borrowed tool, a shared laugh — it reminds us we're part of something good."

As she puts it, gratitude might just be the smartest investment a community can make.

"Happiness is contagious. When we appreciate each other, it spreads. It makes people want to help, connect, and belong. That's the best kind of return on investment."

Gratitude In Action

Simple ways to invest in happiness, right here in our neighbourhood.

Try This: The "Three Good Things" Habit

- Each evening, write down three small positive moments from your day.
- Add one short reason why each mattered.
- Over time, you'll train your attention to notice positives and feel lighter.

Join In: The Community Gratitude Jar

- Drop a short note of thanks or appreciation at the community centre.
- Notes can be anonymous or signed.
- Every month, our goal will be to highlight a snapshot of the good happening around us.

Bonus Idea: Doorstep Thank-Yous

Leave a simple postcard or hand-written note for a neighbour who helped you out. It might just make their day — and yours.

You can send or drop off your notes to the community centre or email vice-president@ranchlandscommunity.com.



Hidden Gems of Ranchlands: Finding Beauty Close to Home

While early voting for our municipal election was underway this fall, another kind of ballot quietly appeared at the Ranchlands community centre — one celebrating the everyday beauty right here in our neighbourhood. Residents were invited to cast their votes in the Hidden Gems of Ranchlands photo contest, a light-hearted challenge to see our community through fresh eyes.

The contest drew a delightful mix of submissions across three categories — youth, teens, and adults — each capturing a small, surprising moment that makes Ranchlands special. From golden trees and flowers to big skies and our many pathways, every photo reminded us how much there is to appreciate when we slow down and look around.

One standout came from our youngest photographer, who caught their dog peeking out from a patch of rhubarb — a shot that made everyone smile and perfectly captured the contest's theme of "hidden gems."

During office hours, visitors to the community centre could browse the printed photos and cast their votes. The front cover image ended up receiving the most community votes overall — a fitting reminder that beauty doesn't have to be grand to be meaningful.

"It's amazing how many small wonders people found right here in our own streets and backyards," said Office Coordinator, Tracy Luinge. "Every photo told a story of how people see Ranchlands — familiar, friendly, and full of character."



Each category winner received a small gift card and, more importantly, the joy of knowing their perspective helped others see the neighbourhood a little differently.

As Tracy put it: "Whether you snapped a photo or stopped to admire one, the real prize is realizing how much we already have to be grateful for — right here at home."

Looking Ahead

Start snapping early for the next Hidden Gems of Ranchlands! Keep an eye out for quiet corners, colourful details, and moments of everyday beauty. You never know — your photo might be the next one on display at the community centre.

Thanks to all photographers and especially Karli Haugan and Katie S. for their photos featured in this issue of the *Roundup*.

Tasty Art

What do "The Persistence of Memory" and the Chupa Chups logo have in common? Well, they were both created by surrealist Salvador Dalí! Asked by founder Enric Bernat to improve the candy wrapper, Dalí sketched the now-iconic daisy-shaped logo in a café on a piece of newspaper.



Calgary Voted!

A big thank you to everyone who came out to vote in Calgary's municipal elections! It was wonderful to see our community so engaged and the hall bustling with energy throughout the week of advance polling.

The elections staff did a fantastic job managing the steady flow of voters and keeping everything running smoothly — we truly appreciate their hard work and professionalism.

Congratulations to all the newly elected and returning members of City Council. We look forward to seeing the positive changes and continued dedication they'll bring to our city in the years ahead.

Voting is one of the simplest yet most powerful ways we can strengthen our community. Each ballot cast is a voice in shaping the future of our neighbourhoods — from local parks and recreation to city services and infrastructure. When residents participate, it builds a stronger sense of connection, shared purpose, and civic pride.

Thank you, Calgary, for showing up and making your voices heard!



by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: "Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring". Another, "From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence". Moreover, "She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts." Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/historical-photos-nose-hill-park/.

An advertisement for Great News Media. The background is a close-up photograph of several bright red poppies. The text is white and centered. At the bottom right, there is a QR code and a "SCAN ME" button.

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Leftover Halloween Cookies

Don't let that pile of Halloween candy go to waste! Instead of letting it linger until next year, turn it into a batch of incredible cookies loaded with sweet, chocolately bits. These cookies are so good, you'll look forward to making them every November.

Tools You'll Need

- 2 to 3 large baking sheets
- Parchment paper
- Stand mixer with paddle attachment or a handheld mixer
- Rubber spatula

Ingredients

- ½ cup unsalted butter, room temperature
- 1 cup light brown sugar, packed
- 2 large eggs, room temperature
- ½ tablespoon vanilla paste or extract
- 2½ cups all-purpose flour
- ¾ teaspoon baking soda
- ½ teaspoon kosher salt
- 1½ cups leftover Halloween candy, chopped into small pieces (plus extra for topping)
- Flaky sea salt, for sprinkling

Instructions

1. Preheat the oven to 350°F (180°C). Line two large baking sheets with parchment paper.
2. Cream the butter and sugar: In a stand mixer fitted with the paddle attachment (or using a handheld mixer), beat the butter and brown sugar on medium-high speed for about 5 minutes, until light and fluffy.
3. Add the eggs and vanilla: Scrape down the sides of the bowl, then mix in the eggs and vanilla on medium speed for about a minute.
4. Combine the dry ingredients: In a separate bowl, whisk together the flour, baking soda, and salt. Add the dry ingredients to the wet mixture and mix on low speed until mostly combined. Scrape the sides and finish mixing until no streaks of flour remain.
5. Fold in the candy: Add the chopped Halloween candy and mix gently on low speed or by hand, just until evenly distributed.



6. Scoop the dough: Portion the dough into 2.5 balls. Place 4 to 5 dough balls evenly spaced on each baking sheet.
7. Top and bake: Press a few extra candy pieces into the tops of each cookie. Bake for 10 to 12 minutes, until the edges are golden and the centres look slightly underbaked.
8. Add the final touches: While still warm, press a few more candy pieces onto the tops for extra melty bits, then sprinkle generously with flaky sea salt.
9. Cool completely: Let the cookies cool fully on the pan before transferring to a rack or storage container.

Pro Tip: These cookies freeze beautifully — or make the dough ahead and bake straight from frozen for a fresh treat anytime.

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.



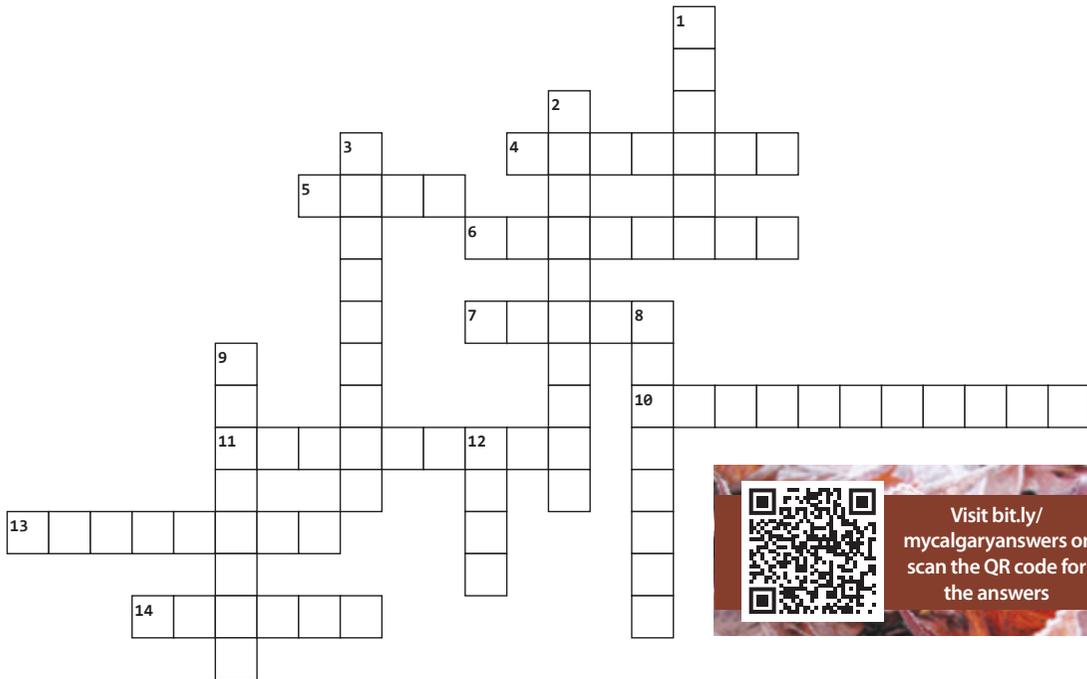
BRAIN GAMES SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION



November Crossword



Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

Raising Non-Anxious Kids

by Nancy Bergeron, R.Psych | info@nancybergeron.ca

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!



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