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✉️ **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	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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SOCIAL MEDIA

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Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca.	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca.	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.



PRESIDENT'S MESSAGE

As the shift from summer to fall happens, our community association is also shifting from the relaxed summer pace to the cadence of the 'New year'. Summer holidays are wrapped up, schools are opening, kids' programs are starting, and new ideas for the new year are flowing.

Board Retreat Update

Our board and staff came together in late July for a 'year-in-review' retreat and brainstormed ways to support the needs of our community. We have had a mix of very successful events, some moderate successes, and some events that we are going to refine to improve for the upcoming months. We appreciate the support and input from community members and businesses. Every idea helps to move us to having all very successful events. Our various programs continue to be of value to our community, including the food pantry, perishables pick-up, the tax clinic, and the coffee ladies. Our goal is to make the best use of our space for rentals to generate revenue and provide programs to generate value.

Do you have an idea? A program? An event? Would you like to lead a program? Let us know via email to president@ranchlandscommunity.com.

Board Governance

Our Annual General Meeting will be held on Sunday, November 2 at 1:00 pm. We will be proposing bylaw changes and look forward to the support of our membership to refine our governance model. The Governance Committee has been stood up again and will be part of the action at the AGM. We will be proposing bylaw changes to strengthen and expand the members of the board. This will enable us to support more ideas and programs in the future. The recommended bylaw changes will be published by mid-September for review.

The Fence Conundrum Continues

Interestingly, there are many opinions about the fences that line the roads into the neighbourhood coming in off John Laurie Blvd on Ranchlands Blvd. While our beloved welcome sign is a landmark, we need to continue to pursue ideas for improvements. The ideas for general improvements to enhance the appeal and welcoming aspects of entering Ranchlands are under discussion.

Creativity is needed to find ways to implement ideas in a way that are economically feasible and can be led with our current staff and board members.

We are looking forward to a fruitful year ahead.

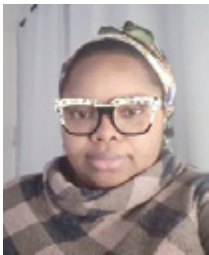
Regards,

Kathy Ervin

President, Ranchlands Community Association



Ranchlands Got Talent: Meet Bukola – The RCA Treasurer



Bukola has been an invaluable addition to the Ranchlands Community Association Board of Directors. With her training and background as an accountant, she has steered the day-to-day management of our community's finances so wisely: she is always on top of ensuring our investments

and money in/money out protects the community in both the short and long term.

But Bukola is also in it for Ranchlanders too. That is why she conceived and led the very successful 2025 Tax Clinic right in our very own community hall ably supported by community volunteers she trained so well. Tax Clinic will be up and running again for 2026. Stay tuned!

But what about those money related decisions that need to be made throughout the year and between tax time. As someone who's passionate about financial empowerment, Bukola sat down with me to share some of her wisdom that might guide anyone one of us as we make money decisions — whether we're just starting out or planning for the future. Enjoy this fireside chat.

Q: You've talked a lot about saving and investing lately at our Board Meetings. Why and how can that translate to anyone of us?

A: In my experience, I know only too well that money decisions can feel overwhelming. I want to ensure as a board we have the right information to make good decisions. It is not unlike in our homes - a lot of people aren't sure where to start. For example, many people do not understand the difference between saving and investing. Knowing the difference can help you make choices that fit our life, whether you're tucking away money for new winter tires or planning for retirement.

Q: So, what exactly is "saving"?

A: Saving is just setting money aside somewhere safe, like a bank account, so you can get to it quickly when you need it. Think of it as your go-to for things you know are coming — a vet bill for your dog, fixing the furnace, or taking the kids to the mountains for a weekend.

Q: What's a simple way to start saving?

A: A regular savings account works fine, but a high-interest savings account or a Tax-Free Savings Account (TFSA) can help your money grow a bit faster while still keeping it safe. It's like storing your emergency cash in a jar that quietly adds a few extra dollars over time.

Q: And how is "investing" different?

A: Investing is putting your money into things like stocks, mutual funds, or real estate so it has a chance to grow more over the years. The catch is that its value can go up and down. You might invest for something big down the road — like sending your child to college or enjoying a comfortable retirement.

Q: When does investing make sense?

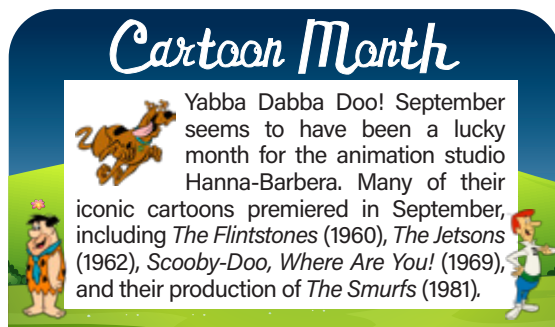
A: If your goal is years away — like buying your first home or building up a retirement fund — investing can help your money grow more than just saving.

Q: So, which should people do — save or invest?

A: It depends on your timeline. If you'll need the money soon, save it. If you won't need it for a while, investing might be worth it. A lot of people do both: they save for things like replacing their car and invest for things like their retirement years.

Q: Any last tip for someone who feels stuck?

A: Start small. Even setting aside the cost of one coffee a week adds up over time. Build a little emergency cushion first, then start exploring ways to invest so you can grow your money without feeling stressed about losing it.





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

Hunt for Hidden Treasures in Our Community

It's almost time for the City of Calgary's annual Curbside Community Treasure Hunt — your chance to find new-to-you treasures and give old items a second life.

The idea is simple: on the designated weekend, place your unwanted but still useful items out on the curb, clearly marked as "free." Neighbours can browse, take what they can use, and keep good things out of the landfill. At the same time, you can wander through the community and see what treasures others have to offer — from books and toys to furniture and décor.

This year, our community centre may also be taking part with its own offerings, so be sure to stop by and see what's available.

It's a great way to reduce waste, meet neighbours, and discover some unexpected finds.

For dates, tips, and full guidelines, visit calgary.ca/treasurehunt.

Our Community Centre's Fresh Look — Phase Two

The sprucing up of our community centre continues! This time, our external sign has had a facelift, giving it a cleaner, brighter, and more welcoming look ready for notices about community happenings. We've also added more detail to our main sign and painted the front door a rich green — the same shade found in our community's wooded areas.

The green door isn't just a pop of colour. It reflects our community spirit, our connection to nature, and our commitment to protecting the beautiful green spaces we're surrounded by.

These updates build on the first phase of our exterior improvements, helping the centre feel even more inviting to everyone who passes by or steps inside.



Ranchlands Hidden Gems: Aishwarya Naik



Finding a New Path Through Yoga

Sometimes life opens a new door in the most unexpected way. For Aishwarya Naik, yoga began as a personal refuge during one of the most challenging chapters of her life. What started as a search for relief soon became a lifeline — bringing her stillness, courage, and a renewed sense of purpose.

Aishwarya has long loved yoga for its ability to bring balance, strength, and calm into daily life. As a certified instructor, she now hopes to bring these benefits to support the community. Her vision is simple but heartfelt: meet people where they are, and share yoga in a way that feels approachable, inclusive, and connected to real-life needs — whether that means gentle movement, mindful breathing, or finding moments of peace on a busy day.

For Aishwarya, yoga isn't just about poses or perfecting technique. It's about creating a sense of connection — to oneself, to others, and to the present moment.

Her story is a reminder that when plans change unexpectedly, there can be room for something new and deeply rewarding. By leaning into what she loves and finding ways to lift others up, Aishwarya has turned a challenge into a gift — for herself and for the community.

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We hope you're having a wonderful summer —keep your smile healthy one hygienist appointment at a time!



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HOURS OF OPERATION

Monday	7am - 5pm
Tuesday	7am - 7pm
Wednesday	7am - 7pm
Thursday	7am - 7pm
Friday	7am - 5pm



Back-to-School Made Easy

September's here—and so is the fresh start! Whether it's your kid's first day ever, a new grade, or a brand-new school, it's totally normal to feel a bit nervous. The good news? In no time, it'll feel like routine.

Keep it fun by focusing on the good stuff—catching up with friends, meeting new ones, joining clubs, and rocking those fresh school supplies.

Quick tips for a smoother start:

- Set a routine – Same bedtime, same wake-up = less chaos.
- Sleep is magic – Well-rested kids = better mornings.
- Breakfast counts – Protein keeps brains buzzing.
- Get organized – A family calendar works wonders.
- Prep the night before – Bags packed, clothes ready, stress gone.

A little planning + a positive vibe = a great school year ahead!



News from the Friends of Nose Hill

by Anne Burke

Learn how citizens fought to preserve Nose Hill, its history, how it unfolded. The Calgary Local Council of Women recommended that all development of Nose Hill be delayed, until after a major study by the Calgary Planning Commission of city growth. The only existing control was the absence of zoning approval for development and should be delayed, until such time as the City had sufficient funds. Calgary had never expended significant monies for parkland. In its natural state, the only cost for their proposal would be land acquisition, without any capital expenses, facilities, and maintenance.

They believed that Nose Hill is a beautiful natural area. We must preserve prime natural areas to offset urban sprawl and the concrete City Centre. Nose Hill is to Calgary what Citadel Hill is to Halifax; Battlefield's Park to Quebec City; Mount Royal to Montreal; Stanley Park to Vancouver; and Beacon Hill Park to Victoria. Calgary would become the first city in Western Canada to have a natural area of prairie vegetation. Tourists will visit the natural grassland of Nose Hill or view it from the Calgary Tower.

The group proposed that approximately 3,500 acres, bounded on the West by the Sarcee Trail right-of-way, South by the John Laurie Boulevard, East by the existing development adjacent to the escarpments of Nose Hill, and North by the highlands and escarpments of Nose Hill to and beyond 80 Avenue NW, be zoned as Natural Parkland in perpetuity.

The Hill is a dominant geographical feature in Calgary since its southern slopes can be seen from most locations, providing a constant reminder to citizens of the prairie landscape surrounding them which has played such an influential role in our economic and cultural development.

**DID
YOU
KNOW?**

Did You Know? You Can Use 3-1-1 to Help Keep Our Community Beautiful

Potholes, graffiti, broken street signs, or rusty public fixtures — they don't just look bad, they affect how welcoming our neighbourhood feels. The City of Calgary's 3-1-1 service makes it easy to report these issues so they can be fixed.

You can report by:

- Calling 3-1-1 (or 403-268-2489 from outside Calgary)
- Using the 3-1-1 Calgary app
- Visiting the City's 3-1-1 Online Services

Just describe the problem, give the location, and you'll get a tracking number so you can follow the progress.

It's quick, it's free, and it helps keep our streets, parks, and public spaces safe and inviting for everyone.

Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes

Cook Time: 30 minutes

Bake Time: 30 minutes

Servings: 5 to 6

Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

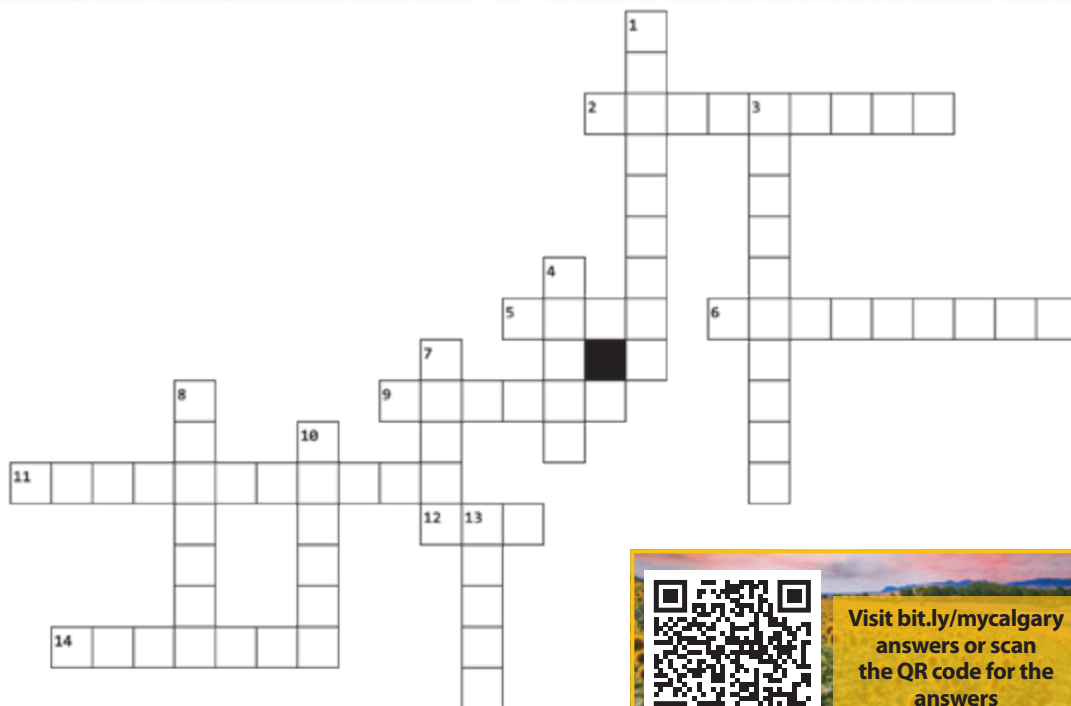
1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold the tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!

September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.



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 ✉ pat.kelly@parl.gc.ca

On June 20 the House of Commons rose for the annual summer recess after meeting for a brief but busy four weeks following the 45th General Election. Many of my colleagues and I would have preferred more sitting days to address the various crises facing Canadians. We are scheduled to return to Ottawa around September 15. In the meantime, my summer included many community activities and meetings with local residents.

As always, the Stampede was a highlight of the summer. I attended many events and spoke with hundreds of residents who gave me invaluable feedback about their concerns.

During the very brief parliamentary session following the spring election, the Liberal government introduced a few bills but did not introduce a budget. Canada has now been without a budget since the spring of 2024. The government was able to pass its “Main Estimates” (a series of spending authorizations for nearly half a trillion dollars) but has not presented Canadians with a budget to show how they will raise or borrow the money to pay for their expenditures, how their spending will affect Canada’s national finances over the short and medium term, or how they will fulfill various commitments made during and after the election.

I look forward to the fall parliamentary session when I expect the finance committee to hold pre-budget consultation meetings to hear proposals from Canadians. I will continue my work as a member of the opposition holding the government to account for its actions.

If you are involved with a local organization and would like me to participate in an event in Calgary, please contact my office with the details, and I will be pleased to attend if my schedule allows.



MLA Calgary-Edgemont
Julia Hayter
 ✉ juliahayter@albertandp.ca
 📘 @NDPjulia
 📷 @NDPjulia
 ✕ @NDPjulia

As we head into September, I want to take a moment to welcome students, teachers, and staff back to school. I hope everyone had a fun, restful summer and is feeling ready for a fresh start. In my role as your MLA, I continue to stand with Alberta’s educators in their call for fair wages, smaller class sizes, and improved learning environments. These are more than individual school issues; they are community issues. Strong public schools help to build strong communities, and every child deserves the chance to thrive.

This summer, I had the chance to attend a number of community celebrations that really showed off the best of our province. Stampede offered a great reminder of Alberta’s history and culture, while Folk Fest highlighted the incredible diversity that makes this province feel so welcoming. Despite the rainy weather, Neighbour Day was full of thoughtful, creative gatherings, and Canada Day events were a great chance to reflect on what it means to build a strong Alberta within a strong Canada.

I’ve also continued doorknocking throughout the summer and hearing from many of you. Some of the most common concerns remain consistent: the rising cost of living, the measles outbreak (please check your vaccine status!), and worries about the unsettling conversations around separation.

As always, I am here to listen and help however I can. If you have questions about provincial services, need support navigating a program, or would like to invite me to a community event, please reach out at calgary.edgemont@assembly.ab.ca or 403-288-4453.

Wishing everyone a great start to the fall!



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GAMES & PUZZLES

Guess the School Tool!

1. In the early 1960s, the first one of these was created to assist with number manipulation.
2. Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
3. A semi-circular measurement tool that deals with angles.
4. An organizer typically characterized by its circular or D-shaped retainers.
5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
6. Alphabetical reference books that are always being updated, named after the Latin word for "the act of speaking".



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SEPT 21, 2025

11 AM - 4 PM



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