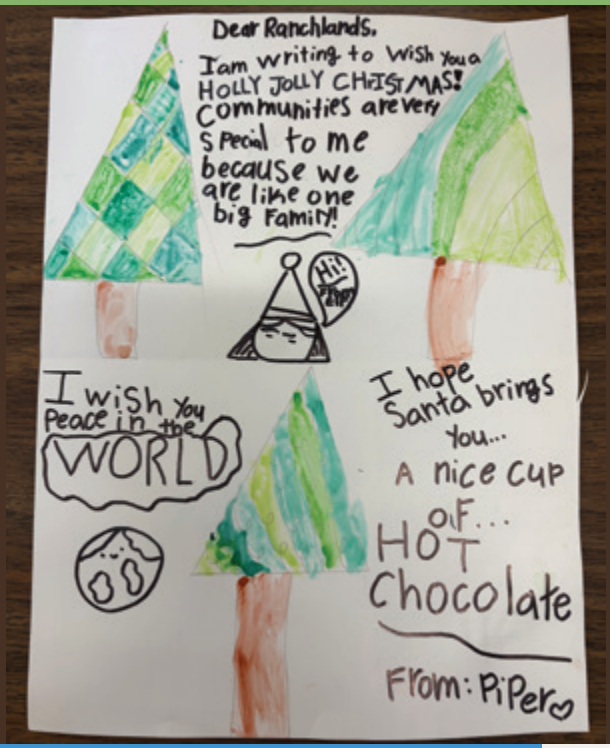
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Vice-President	Sharon Blackwell vice-president@ranchlandscommunity.com
Secretary	Steven Mullane
Treasurer	Bukola Abdul
Director at Large	Jessica Brander, Haseeb Ansari, April Scully

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
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PRESIDENT'S MESSAGE

Our AGM was a success! Thank you to our Ranchlands residents, dignitaries, and guests who attended. We successfully navigated all the business needed for our corporate requirement and passed the Bylaw Amendments, they will be submitted to Corporate Registries for approval, hopefully we have everything in order.

We welcome four new Board members to continue in our governance of the Association and ensuring our community has a strong foundation for this year and the years ahead.

- Secretary – Steven Mullane
- Director at Large: Jessica Brander, Haseeb Ansari, and April Scully

The returning Board members for the exec team include:

- President – Kathy Ervin (I am grateful to serve for another term)
- Vice-President – Sharon Blackwell
- Treasurer – Bukola Abdul

Again, we wish to thank our four outgoing Board members for their time and input this past year: Miranda, Mike, Jeannette, and Amjad will transition to be great volunteer resources for the community.

Community Input

As our new Board gets their feet under them, as always, community input is welcomed. Ideas for activities, events and programs help us understand the needs of the community. You can attend a Board meeting, send an email, or drop into the office, or arrange a meeting with a Board member. Our goal is to continue being a strong advocate for our residents.

I saw an article this week about "Loneliness as a new Epidemic". We have the opportunity to help diffuse this phenomenon in simple ways with our Association and facility. You can learn more through the Canadian Mental Health Association. Truly, no idea is wrong — we work with groups to help make things happen as we are able.

Winter Activities

Our annual Winter Market (November 28) will have happened as this is published – we always enjoy a successful community event with returning and new vendors.

Our Winter Wonderland (December 13) gathering is for everyone. Please watch our Facebook and other social feeds for the details

And at the Risk of Repeating Myself…

RCA Casino Event (February 26 and 27) Have you Saved the Date?

The Casino event supporting our Community Association and will be seeking volunteers to help out. Our Casino assignment is at the ACE casino close to the airport. If you have never volunteered at a casino don't worry! New volunteers are most welcome, and we are happy to have a chat about what happens and what you can expect.

The shifts are 11:00 am to 7:30 pm; 7:30 pm to 3:00 am; or 11:00 pm to 3:30 am with various roles. We will collect names through the office and get everyone all set up as needed. Generally, the contribution from AGLC for working at a two-day casino provides between $80,000 and $90,000 that we use to operate our association and our facility.

Regards,

Kathy Ervin

President, Ranchlands Community Association



Giving Forward Partnership with Ranchlands



What is Giving Forward Canada all About and who are Shreeya and Sakshi?

Shreeya: I am a Grade 11 student at FFCA North High School. I love helping others. Giving Forward Canada was created because my sister and I wanted to give back to the community that helps us thrive. We want to help market for smaller community-driven nonprofits and charities that directly support people in our communities.

Sakshi: I am a twelve-year-old who is creative, artistic, and I love to sing!

What Inspired you?

Shreeya: I have been in the Cadet Program since I was 13, and I have participated in several community-service initiatives. These experiences showed me that although we are living in such a prosperous society, some people still need support.

Sakshi: I am very inspired by how much we help our communities. It is a kind thing to do!

Why was it Important for Giving Forward to be Youth-Driven?

Shreeya: We want to show society that despite everything we have, we, as youth, are willing to be compassionate, empathetic and help others. The best way for other people my age to make a difference is to be resilient and keep trying even if they face roadblocks and challenges.

Sakshi: You don't have to be older to make a difference in this world. What matters is that you don't give up and keep on giving forward to help people.

What's Next?

Shreeya: I hope to work with my sister and continue to support our community and city. For the Ranchlands Food Pantry, we ultimately hope to raise enough food and money to make everyone's holiday season worth celebrating.

Sakshi: We want this fund to help local charitable-associations and partner with them to help make our communities kinder and stronger together.

On behalf of Ranchlands, thank you ladies, you are truly an inspiration.

Winter Craft Market

A big thank you to everyone who came out to support local makers and handmade treasures at our Annual Winter Craft Market!

This is always one of our favourite events of the year, and we love seeing our community come together to shop local, connect with neighbours and support small businesses. Many of our talented vendors are right here in Ranchlands!

We hope you found something special, checked a few names off your holiday shopping list and enjoyed browsing all the wonderful handmade creations.

Thank you for making this event such a great one. Your support means so much to our local makers and to our community!





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

186th Scouts: 7713 Ranchview Drive NW

St. Rita's School: 7811 Ranchview Drive NW

Ranchlands School: CBE: 610 Ranchlands Boulevard NW



K ♠

WEDNESDAY CARDS

Join us for a relaxed afternoon of cards, crib & conversation!

DROP IN
1:30pm – 4:30pm

No registration
No experience needed
Everyone welcome

♥ K

186 Ranchlands Scouts



Thanks to the Cubs and Scouts who finished up their yearly cleanup of the rink area. They are such an awesome group, and we love how hands on they are!

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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 — to 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.

Mark your Calendars — Winter Wonderland Coming Back



Winter Wonderland will be back to the Ranchlands Community Association Sunday December 13 from 2:00 to 4:00 pm. We will have sugar cookie decorating, personalized ornament decorating, and maybe even a surprise visit from the big man himself, Santa!

Everyone is welcome. Free for all RCA members or $5 per child for non members.

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Kero's Winter Wisdom

A few pawsitive thoughts from Ranchlands' first Dog Mayor!



Hello, Ranchlands!

It's Kero here, your very first Dog Mayor, checking in as we head into my favourite time of year — winter! Now, I know not everyone shares my enthusiasm for snow. But when you've got four paws, a fabulous fur coat and a neighbourhood full of interesting smells, winter is pretty hard to beat!

As your Dog Mayor, I thought I'd share a few words of winter wisdom.

1. Take Time to Stop and Sniff the Snow.
Humans are always rushing somewhere. Slow down! There's a whole wonderful world out there, and sometimes the best part of a walk is simply enjoying the journey. Trust me, I've sniffed around.

2. Be a Good Neighbour.
A friendly wave, a helping hand, or a wagging tail can brighten someone's day. You don't have to do something big to make a difference. Although, personally, I think everyone should be greeted with the enthusiasm of a dog whose human has just come home.

3. Watch out for Slippery Situations.
Winter sidewalks can be tricky, especially for those of us who walk on four legs. Keep your sidewalks clear, watch out for icy patches, and remember that salt isn't very kind to paws. A little consideration goes a long way.

4. Make Time for Your Pack.
Whether your pack has two legs or four, the holidays are a wonderful time to be together. Put down the phones, share a treat, and enjoy each other's company. Belly rubs are optional, but highly recommended.

5. Don't Forget to Play!
You're never too old to enjoy a little fun. Make a snow angel, throw a snowball, or just laugh at someone trying to put boots on a dog. Life is better when we don't take ourselves too seriously.

And finally, my most important piece of advice: **If you can't find a little joy in the day, try wagging your tail anyway. You might just make someone else smile.**

Until next time Ranchlands, stay warm, stay kind, and keep those tails wagging!

Kero

Your First Dog Mayor of Ranchlands

P.S. If you see me out and about, don't be shy. I take my mayoral meet-and-greet duties very seriously — especially when treats are involved.

Joke of the Month

Who is the snowman's favourite relative?

Aunt Artica!



A Season of Learning, Giving, and Living Like Jesus





As we journey toward the Christmas season, our students have been busy learning, exploring, and putting their faith into action! Throughout the past few months, students have enjoyed memorable learning experiences, including field trips to Fish Creek and the Field of Crosses, as well as an exciting in-school virtual reality adventure that took them aboard the International Space Station!

As we prepare our hearts for Advent, students are reflecting on the true meaning of Christmas: celebrating the birth of Jesus and considering how we can share His love through our everyday words, choices, and actions. We are reminded that we can live like Jesus by showing kindness, compassion, generosity, and care for one another.

Our students are also spreading a little Christmas joy beyond our school walls! They have been busy creating heartfelt Christmas cards for seniors in our community, and they have included a special card for you, too!

From our school family at St. Rita to yours, may your Christmas season be filled with peace, joy, love, and the blessings of Christ.

Have a blessed and very Merry Christmas!

Be a Snow Angel This Winter!

A little kindness can make a big difference in our neighbourhood!

Winter in Calgary brings plenty of snow, and while shovelling sidewalks might be part of the season for some, it can be a difficult or even impossible task for others.

A Snow Angel is someone who lends a helping hand by clearing a neighbour's sidewalk after a snowfall. It's a simple act of kindness that can make a big difference for older adults, people with limited mobility, or anyone who could use a little extra help, even temporarily.

Becoming a Snow Angel doesn't require special skills or a big commitment. It could be as simple as shovelling the sidewalk next door, clearing a pathway for someone down the street, or checking in on a neighbour who might need a hand.

Keeping sidewalks clear also helps make our community safer and more accessible for everyone, including pedestrians, families with strollers and those using mobility aids.

This winter, we encourage Ranchlands residents to become a Snow Angel!

Keep an eye out for neighbours who may need a helping hand. A few minutes of your time could make someone's winter a little easier and help make Ranchlands a warmer, friendlier place to live.



The Nutcracker





In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

Celebrating Learning, Faith, and Community at St. Rita School

What a wonderful fall season at St. Rita! Our halls and classrooms have been filled with creativity, laughter, learning, and opportunities to grow together as a faith-filled community. As we reflect on the past several weeks, we are grateful for the many experiences that have brought our students together and helped them grow academically, socially, emotionally, and spiritually.

Our students enjoyed a week-long dance residency with Sound Kreations, culminating in a special school performance for our parent community. It was a joy to see our students step outside their comfort zones, express themselves through movement, and celebrate their learning with confidence. This experience supported Alberta curriculum outcomes in the Arts, including exploring creative expression, developing movement skills, and sharing artistic work with an audience. It also encouraged perseverance, cooperation, and appreciation for the unique gifts each student brings to our school.

We gathered as a school community for our Thanksgiving Liturgy with Deacon Stephen, taking time to reflect on the many blessings in our lives and give thanks for our families, friends, and school community. Through prayer, reflection, and participation in our Catholic faith traditions, students strengthened their understanding of gratitude, compassion, service, and our responsibility to care for one another. The fall St. Paul de Vincent Food Drive was a huge success, with roughly a dozen boxes of food being donated by the students. These experiences connect meaningfully with our faith and the development of respectful, caring, and responsible citizens.

Our Grade 1 and 2 students also enjoyed a field trip to Fish Creek Provincial Park, where learning extended beyond the classroom and into the natural world. Through observation, exploration, and shared discoveries, students had opportunities to deepen their understanding of living things, natural environments, and the importance of caring for our Earth. These hands-on experiences support Alberta curriculum learning in science and social studies while fostering curiosity, environmental stewardship, and a sense of wonder at God's creation.

On October 1, our School Movie Night brought families together for an evening of connection, laughter, and



community spirit. These opportunities remind us that a strong school community is built not only through classroom learning, but also through the relationships we nurture and the memories we create together. We are so thankful to the families who joined us and helped make the evening special!

At St. Rita, we know that education is about so much more than what happens in a textbook. It is about helping children discover their gifts, build meaningful relationships, develop a strong sense of belonging, and grow into compassionate, confident, and faith-filled individuals. Thank you to our dedicated staff, supportive families, and wonderful students for making these experiences so meaningful. We are blessed to share this journey of learning and faith with you, and we look forward to all the special moments still to come!

A Sweet Holiday Tradition at Westview Baptist Church

Gingerbread, family fun, and a little Christmas magic are coming to Ranchlands!

On Saturday, December 5, from 4:30 to 6:30 pm, Westview Baptist Church will host the annual Gingerbread Bash, a festive gathering where young families can come together to create gingerbread nativity scenes, enjoy dinner, play games, and celebrate the Christmas season.

More than just a gingerbread-building activity, the event is an opportunity for families to spend time together, make memories, and connect with others in the community.

One of the highlights from last year's event was seeing grandparents join in the fun with their grandchildren, making it a special occasion that brought generations together.

With plenty of creativity, laughter and perhaps a little icing on everyone's fingers, the Gingerbread Bash is a sweet way to welcome the holiday season and celebrate the joy of being together.

BRAIN GAMES

SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION



News from the Friends of Nose Hill

by Anne Burke

I was contacted by a PhD Student at the University of Calgary who is training to become a forest therapy guide. His research is on the use of nature in cancer care, and he plans to provide some to patients and participants at Nose Hill Park. He intends to be mindful and have minimal human impacts on the land and the rough fescue grasses. He wants to avoid off-leash areas and others with a lot of thistles. Forest therapy is a legitimate, research-backed wellness practice for reducing stress and improving mood, though it is considered preventive or complementary care rather than a medical cure. While forest therapy is a structured, clinical intervention aimed at specific health challenges, forest bathing is a general mindfulness practice for stress reduction.

Calgary's first official trail at Inglewood Bird Sanctuary was certified by the Association of Nature and Forest Therapy (ANFT). The loop offers five unique stations that guide you on a sensory exploration of this peaceful natural area. Community walks are seasonal and guided two-and-a-half-hour programs are in local wilderness spaces like Griffith Woods Park. The Cumming School of Medicine (CSM) engages deeply with nature-based healing through Indigenous medicine walks and local health partnerships. The school integrates immersive nature experiences primarily through traditional Indigenous healing frameworks. Organized by the CSM Strategic Partnerships and Community Engagement office alongside the Calgary and Elbow River Healing Lodge, University of Calgary medicine walks take place at Nose Hill Park. Led by Indigenous elders, these walks guide medical students through the natural environment to explore the collection, application, and meaning of traditional plant medicines, blending medical education with ecological connectedness.

This article is for informational purposes only. For medical advice or diagnosis, consult a professional.

The Art of Winter

by Kristina Quapp

The season of winter has inspired artists for centuries, perhaps more so than any other time of year. While its snowy landscapes and frozen scenery have remained a constant source of inspiration, interpretations of the season have varied dramatically across time, cultures, and artistic styles. From peaceful, snow-covered villages to bleak and desolate landscapes, artists have found countless ways to capture winter on canvas.



Vincent van Gogh, Landscape with Snow, 1888. Oil on canvas.

Painted in February 1888, shortly after Vincent Van Gogh arrived in France, his piece depicts a rural landscape caught between winter and spring. Patches of melting snow interrupt the earthy browns and greens of the fields, but despite the contrasting colour usage, the piece exudes a sense of living stillness. The vivid colour usage and expressive Post-Impressionist brush strokes give the scene a sense of movement and texture—emphasizing the uneven terrain and changing season. Rather than idealizing winter through its traditional cool colour palette, Van Gogh embraces the season's fleeting beauty, reminding us that change can be just as beautiful as stillness.



Edvard Munch, Winter Night, c. 1900. Oil on canvas.

Norwegian artist Edvard Munch transforms winter into an atmospheric and emotional experience. Best known for his iconic painting *The Scream*, Munch was a pioneer of Expressionism, an artistic movement that emphasized emotion and subjective experience over realistic representation. *Winter Night* displays simplified forms and a cool colour palette to create a quiet and perhaps unsettled atmosphere. It invites viewers to reflect on winter's quieter, more introspective qualities, evoking a sense of solitude that can feel either peaceful or lonely.



Frederik Marinus Kruseman, *Winter Landscape with Skaters Near a Castle*, 1866. Oil on canvas.

In contrast to the more solitary works of Van Gogh and Munch, Dutch painter Frederik Marinus Kruseman presents winter as a picturesque setting filled with warmth and activity. Known for his romanticized winter landscapes, Kruseman utilizes a warm golden sky in contrast to the cool blues and whites of the snow, creating an inviting atmosphere. His attention to detail reflects the traditions of nineteenth-century Romantic landscape painting which often emphasized the idealized beauty and emotional appeal of nature. Despite the chilly setting, the scene evokes a sense of warmth and nostalgia, inviting viewers to imagine themselves among the skaters.

Although these artists depict the same season, their interpretations vary greatly. Van Gogh captures the change of winter's transition, Munch explores its emotional atmosphere, and Kruseman celebrates its more picturesque and romanticized beauty. Each artist's choices in colour, composition, and brushwork influence how we experience their work. Yet our own memories, emotions, and experiences also shape what we see. Perhaps your vision of winter aligns more closely with one painting than another, or maybe you can understand all three. Winter, much like art, is a matter of perspective. As we enter another winter season, consider what this time of year means to you. Do you find beauty in its quiet stillness, comfort in its familiar traditions, or hope in the changes yet to come?

Cold Weather Safety

by Alberta Health Services



Emergency Health Services Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior—cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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