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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
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RANCHLANDS COMMUNITY ASSOCIATION

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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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RCA OFFICE AND HALL RENTALS

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February is Heart Month! There are many ways to celebrate health, home, community, family, friendship, freedom, fun, and the list goes on. There are many aspects of Ranchlands to celebrate that make my heart glad.

Late last fall, during one of the snowy breaks, I had family visiting who spent time walking around the neighbourhood. They commented on how impressed they were to see sidewalks so well shovelled, making it safer for everyone to get out and about. It was such a meaningful reminder to me how neighbours here look out for one another.

And care showed up in another way – did you know our neighborhood had no crimes reported in December! This report was from our Calgary Police Service constable who attends our monthly board meetings. As we take care of our neighbourhood and watch out for each other, we have a safe community to call home.

The beauty of the neighbourhood was on display over the first weekend in January – the frost really highlighted the beautiful, big trees we have. There were so many great pictures posted on various social media platforms – absolutely stunning!

Our city is working to support us – whether it is listening to our perspectives or helping with funding through

grants, advice, ideas, and general communications. A great example was how we were notified so quickly about the water restrictions to ensure we did our part, particularly with respect to our rink. I am hopeful that at the time of this publication, we are well past restrictions and are aware of a new plan to support our infrastructure for water for the future.

With January behind us, it is a good time to think about our mental health along with our heart health. While the cold and dark of January can be triggers for many, we need to know all the resources available for ourselves and those in our community.

For Mental Health and suicide prevention support, there is the National call/text line of 9-8-8.

For access to many services in Calgary, calling 2-1-1 or accessing the 2-1-1 website will provide lots of leads for information and support.

Of course, in any emergency, 9-1-1 is always the best option.

With heartfelt appreciation for our community and all the people who live here,

Kathy Ervin

President, Ranchlands Community Association



Calgary Home Upgrades Program

Income-qualified Calgarians can access three ways to help reduce utility costs. Home upgrades, workshops, and Do-It-Yourself kits can help reduce costs and improve your homes. Both renters and homeowners are eligible if they meet the income threshold which varies based on the number of people in the home. Visit <https://www.homeupgradesprogram.ca/calgary> for more information.



A First for Ranchlands — And We're Doing It Again

Last year, Ranchlands did something it had never done before.

For the first time ever, the Ranchlands Community Association launched a Community Volunteer Income Tax Program (CVITP) Tax Clinic. It was new, community-led, and built from the ground up — and it worked.

Neighbours helped neighbours. Seniors, students, newcomers, and families received support navigating a tax system that can feel confusing and stressful. People accessed benefits they didn't know they qualified for. For many, it meant less worry and more stability.

Now, we're planning for the next tax season — and building on what we learned.

This year's clinic will once again rely on community members who are willing to give a bit of time to make a real difference close to home.

We're Looking for Volunteers

You don't need to be a tax expert or a CPA. If you enjoy helping others and are willing to learn, we'll provide free CVITP training, tools, and ongoing support.

Volunteer roles include:

- Tax preparers
- Greeters and appointment coordinators
- Administrative support
- Tech assistance

Volunteer hours are flexible, and all roles are based at the Ranchlands Community Association.

At the same time, we want our community to know that free tax help is coming.

Starting March 2026, the Ranchlands Community Association will again offer free, confidential tax filing services for eligible residents with modest incomes and simple tax situations. This includes seniors, students, newcomers, people with disabilities, low-income individuals and families, and others who meet CVITP eligibility.

Our trained volunteers will:

- Complete and e-file simple tax returns
- Help people access benefits and credits they may be entitled to
- Offer friendly, respectful, community-based support

Here's How to Get Involved

If you're interested in volunteering, visit <https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/lend-a-hand-individuals.html> and email taxclinic@ranchlandscommunity.com to let us know you'd like to help.

If you or someone you know may need free tax help, appointments will open soon. Email taxclinic@ranchlandscommunity.com for details.

Please share this message with neighbours, friends, and family.

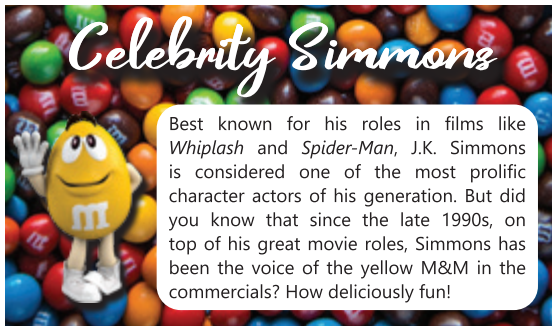
Last year, Ranchlands tried something new — and it mattered.

This year, we're doing it again, together.



Did You Know - Chinook Blast Is Back!

Calgary's annual winter festival brings the city to life with live music, art, sports, cultural events, and family-friendly activities across multiple neighbourhoods. There's something for everyone to enjoy this winter. Learn more, explore events, and plan your visit at chinookblast.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



Winter in Calgary

Winter in Calgary is a season of contrasts, with chilly temperatures, heavy snowfall, and warm Chinook winds. But don't let the cold keep you indoors!

Across Calgary, winter transforms our parks, streets, and neighbourhoods into spaces for connection, celebration, and creativity. It's a season that sparks economic activity, cultural expression, and community spirit. From snowy adventures to cozy community gatherings, winter brings out the best in our city and its people. Visit Calgary.ca/LoveWinter for more details.

Retired and Ready for Some Community Activities

The Ranchlands Community Association is exploring the possibility of offering some options for retirees during the daytime at the community hall.

The Ranchlands Community Hall is often available during the daytime, and the community association and board are interested in exploring how this space could be used to support active, engaged retirees and seniors in our community.

We know that many seniors are looking for opportunities to stay social, creative, and physically active close to home. With that in mind, the community association is open to offering formal daytime programs if there is interest.

Possible ideas could include line dancing, bridge or card groups, painting or creative workshops, book clubs, chair yoga, discussion groups, or other activities that encourage connection and well-being.

We're looking for ideas, interest, and potential facilitators. If you're a retiree who would participate — or someone who has an idea or skill to share — we'd love to hear from you.

Please email the RCA office with your ideas or expressions of interest and help shape daytime programming that reflects the energy and interests of Ranchlands seniors.



A Modern Jonah

On February 13, 2025, Adrián Simancas experienced something truly biblical. While kayaking off Chile's Patagonian coast, Simancas was briefly swallowed by a humpback whale. The encounter, filmed by his father, lasted only a few seconds with the whale luckily spitting him out. What an over-whale-ming experience!

Here When You Might Need It: Ranchlands Food Pantry Hamper Program

The Ranchlands Food Pantry Hamper Program is here to support neighbours in our community when money is tight, and groceries become hard to afford. If you're a Ranchlands resident experiencing food insecurity, this program offers practical support in a safe, welcoming, and non-judgement environment.

Our goal is simple: to make sure people in Ranchlands can access food when they need it most. Any information shared with the program is kept strictly confidential and used only to help prepare appropriate food hampers. It is never shared outside of the Ranchlands Community Association.

How to Sign Up for a Food Hamper

Residents can request a food hamper by completing the online registration form on our website. To confirm Ranchlands residency, government-issued ID is required.

Food hamper request forms must be submitted by Monday at 10:00 am.

Hamper pickup and perishables shopping take place on Mondays from 4:30 to 5:30 pm.

Pickup Location:

Ranchlands Community Association
7713 Ranchview Dr NW
Calgary, AB T3G 2B3

Hamper delivery is available for residents who are unable to attend pickup in person.

Donations

We gratefully accept non-perishable food items in original packaging. For safety reasons, opened, expired, or homemade items cannot be accepted.

Unused personal care items such as soap, toilet paper, and deodorant are also welcome.

Donations can be dropped off at the Ranchlands Community Association (7713 Ranchview Dr NW) and placed in the lobby donation bin during office hours.

The RCA also accepts monetary donations and gift cards, which are used to purchase staple items when pantry supplies are running low. One-time donations can be made by cash, cheque, or e-transfer, and monthly donations can be set up through CanadaHelps.

Donations of \$20 or more—including cash, gift cards, or food items—are eligible for a tax receipt. For more information, please contact the RCA office.

It is so great to belong to a community where we can look out for one another and continue building connections in meaningful ways.

Thank you to our volunteers, donors, and neighbours for helping ensure that no one in Ranchlands has to face worries about having enough food alone.



Come On In — Let's Chat

Ever walk by the rink and notice the 'Open' sign on at the community centre? That's your cue to come on in. Whether you'd like to say hello, check the bulletin board, grab some bread from the bread shelf, use the restroom, or just warm up for a few minutes, you're always welcome.

If the sign is on, the Ranchlands Community Association office is open and happy to see you. It's a good time to stop by, ask a question, share an idea, or let us know what's working well in the community—or what could be better. We love hearing from our neighbours.

The office is open Monday and Tuesday from 9:00 am to 2:00 pm and Wednesday from 12:00 to 5:00 pm, unless otherwise posted.

Help Us Choose the New Ranchlands Community Association Logo

To celebrate the 40th anniversary of the Ranchlands Community Centre, we're refreshing the Ranchlands Community Association logo — and we'd love your help choosing the one that feels right for our neighbourhood.

Our community has changed a lot over the years, and this update is a chance to reflect who we are today. We've put together a handful of logo options that each highlight a different piece of the Ranchlands spirit, and now we're turning to our residents to tell us which one feels like "home."

How to Vote

Simply send us an email at ranchlandscommunity@outlook.com with the number of your favourite logo. Voting will stay open through the month of January, so you'll have plenty of time to pick the one you like best.

Why Your Voice Matters

A logo may be small, but it represents something big — our identity, our pride, and the sense of community we've built together. By voting, you're helping shape how the RCA presents itself for years to come.

Thank you for being part of this milestone. We're excited to hear which design you connect with most, and we look forward to stepping into the next chapter of the Ranchlands Community Association with you.



Sharing the Ice: Our Community Rink



We're incredibly fortunate in Ranchlands to have a community rink that brings neighbours together all winter long. Thanks to a dedicated group of volunteers, the ice is cared for, maintained, and ready for families, kids, and skaters of all ages to enjoy.

Whether you're a long-time resident or new to the community, the rink is a place for leisurely laps, learning to skate, teaching kids, and enjoying some fresh winter air. It works best when everyone feels welcome and there's room for all kinds of skating.

Behind the scenes, volunteers generously give their time—often during the coldest parts of the day—to keep the ice in good shape. Ice maintenance has recently been affected by local water restrictions, and we're optimistic that by the time this newsletter reaches you, regular flooding will have resumed. Even under challenging conditions, these volunteers continue to do their part, and a friendly thank you or wave goes a long way.

As always, safety is important. Helmets and protective gear are strongly encouraged, especially for children and newer skaters. Sharing the ice, keeping the space clean, and looking out for one another helps ensure the rink stays enjoyable for everyone. The rink is intended to be a family-friendly, substance-free space where everyone can feel comfortable and safe.

The rink is open to the public seven days a week unless otherwise posted. If you notice an issue or have concerns, the RCA office is always happy to help.

Thanks to everyone who helps make the rink such a positive, welcoming part of our community.

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.

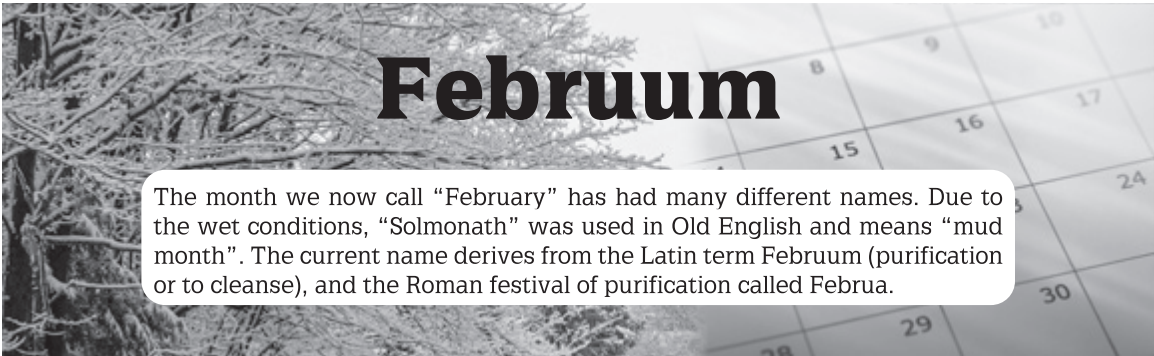
Inclusion Alberta's Response

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.



The month we now call “February” has had many different names. Due to the wet conditions, “Solmonath” was used in Old English and means “mud month”. The current name derives from the Latin term Februum (purification or to cleanse), and the Roman festival of purification called Februa.



News from the Friends of Nose Hill

by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.

St. Rita School



A Season of Connection

The winter months have been filled with joyful moments, meaningful connections, and exciting learning experiences at St. Rita School in Ranchlands. As the holiday season unfolded, students and staff came together to celebrate Christmas while also strengthening ties with the wider community. In December, St. Rita students proudly presented their annual Christmas concert.

This year, the concert was made even more special by a heartwarming visit from seniors in the Ranchlands New Horizons senior group. The seniors were invited to attend a rehearsal of the concert, giving them an early glimpse of the students' hard work and talent. The visit sparked a wonderful opportunity for intergenerational connection. Following the rehearsal, students gave handmade Christmas cards to the seniors. Each card was thoughtfully decorated with drawings, kind messages, and holiday wishes. For students, it was a meaningful way to share the spirit of giving and gratitude, while the seniors appreciated the warmth and care behind each unique card.

These small gestures made a big impact, reminding everyone of the importance of community. As winter continues, students are already looking ahead to another much-anticipated event: the return of the Skate Shack in February. The Skate Shack provides students with access to skates and helmets, allowing them to participate in skating activities during the winter months. This popular program promotes physical activity, builds confidence, and gives students the chance to enjoy the outdoors with their classmates. Many students are eagerly counting down the days until they can lace up their skates and hit the ice once again.

Daytime Rentals Just Got Even Better!

The Ranchlands Community Association is excited to share that our daytime hall rental rate is now only \$45 an hour — with no minimum booking requirement (plus the security deposit). If you've been thinking about offering a class, hosting a meeting, or planning a small daytime gathering, you can now book the hall for as little as one hour.

It's a great option for fitness instructors, group meetings, lunch-and-learns, workshops, and more. The space is bright, flexible, and easy to set up for whatever you have in mind.

Your rental includes:

- Chairs and tables
- Use of the kitchen
- A welcoming, community-centered space

For more details or to check availability, email ranchlandscommunity@outlook.com.



Ranchlands School

Weather Update

Our weather continues to be unpredictable, with frequent ups and downs leading to icy conditions. Please ensure students are dressed appropriately for the weather and remind them to walk like a penguin on slippery surfaces for safety.

Traffic and Parking Reminder

Safe driving and legal parking remain areas for improvement around the school. Thank you to everyone who is following the rules and helping keep student safety a top priority! Please remember that illegal U-turns and unsafe drop-offs are not permitted.

Important Dates

- February 13 and 14 – Teachers' Convention
- February 16 – Family Day Holiday
- February 27 – Professional Development Day (No school for students)

We wish you a wonderful month and an enjoyable winter season!

Ranchlands School Staff



SKIING SISTERS

At the Sochi Winter Olympics on February 8, 2014, Canadian sisters Justine and Chloé Dufour-Lapointe claimed gold and silver medals in the women's moguls freestyle skiing event. They stood together on the podium, marking the first time Canadian sisters had shared an Olympic podium at a Winter Games. What a special sister bond!



Staying Safe on Winter Walks in Ranchlands



If you're a winter walker, Ranchlands is one of the best places to be. We've got so many communities within our community, lots of green turned snowy white spaces, tranquil wooded areas, and hills that make the neighbourhood feel like its own mini adventure park. But once

January rolls in—with its short days, long nights, and temperatures that make your cheeks rosy - it helps for us all to add a few extra habits to keep those walks safe and enjoyable.

First things first: visibility. January daylight feels like it is waning in the early afternoon, so even a late-afternoon walk can turn into dusk before you know it. Light coloured clothing helps you stand out, and anything reflective is a bonus. If you're walking a dog, a lighted collar or clip-on tag is magic—your pup becomes a tiny, glowing satellite orbiting happily beside you.

Then there's the temperature. Ranchlands gets that crisp, dry cold that sneaks up on you. Layer up, cover your fingers and ears, and don't be shy about wearing the warm stuff – hats and scarfs are a must. Winter walking is about comfort, not fashion (but if your fashion includes a puffy jacket, even better).

One thing that makes winter walks safer for everyone? Clear sidewalks. A quick shovel after a snowfall or a

sprinkle of ice-melt can make a world of difference for neighbours, delivery folks, dog-walkers, and anyone just trying to get from A to B without doing the accidental winter tumble. It's a simple way we all help keep Ranchlands moving.

On the practical side: cross at the crosswalks. Drivers want to see you—truly—especially when the roads get slippery. And if you're behind the wheel, take an extra moment at intersections. With lots of residents heading out to enjoy some fresh winter air, it is not always easy to spot people at the intersections. And if you are walking, press the button at any of our lighted crosswalks before stepping into the intersection.

Finally, enjoy it. Winter walks in Ranchlands allow us to see our community and the views, including the snowy mountains in the distance in a different light.

Here's to staying warm, staying visible, and embracing the magic of winter in our neighbourhood.



The Voice of Cartoon Legends

What do Bubbles from *The Powerpuff Girls*, Timmy Turner from *The Fairly OddParents*, and Dil Pickles from *Rugrats* have in common? They were all brought to life by the same Canadian voice actress: Tara Strong. Celebrating her birthday on February 12, Tara has built an extraordinary career from *Teen Titans* to *Ben 10* and beyond.



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Word of the Month

Malapropism: noun (mal-uh-prop-iz-uhm)

The unintentional use of a word that sounds somewhat like the one intended but is very wrong in the context.

Jane was so nervous about her speech she did not realize she had made a malapropism until an audience member made a joke about her word use.





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