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How to BEE a Community Scientist

Help us document the different pollinators in Calgary!

- 1 Go to inaturalist.ca or download the app. 
- 2 Look around your favourite park or backyard for any **insects visiting a flower**. 
- 3 Take at least **2 clear photos of an insect**, preferably from multiple angles. 
- 4 Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves or whole plant. 
- 5 Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant. 
- 6 Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together. 




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SCA UPDATE

Memberships and Volunteer Opportunities:

Please visit springbankcommunity.com to join as a household or individual resident.

If you see a role where you can help out Springbank Community Association as a volunteer, please email info@springbankcommunity.com. We need your voices to be heard!

SPRINGBANK ELECTED OFFICIALS



MP John Barlow, Foothills
109 - 4 Avenue South West (Main Office)
High River, Alberta T1V 1M5
403-603-3665
John.Barlow@parl.gc.ca



Councillor Kevin Hanson
Division 1 | Elbow Valley,
South Springbank
403-463-1166
krhanson@rockyview.ca



Councillor Don Kochan (Mayor)
Division 2 | North Springbank
587-435-7172
dkochan@rockyview.ca



MP Blake Richards, Banff-Airdrie
16 - 620 1 Ave NW Airdrie, AB T4B 2R3
403-948-5103
blake.richards@parl.gc.ca



MLA Miranda Rosin
Banff-Kananaskis
Banff.Kananaskis@assembly.ab.ca

SPRINGBANK COMMUNITY ASSOCIATION BOARD OF DIRECTORS



Board of Directors

President	Karin Hunter
Vice-President	Al Schmidt
Treasurer	Ian Galbraith
Secretary	Terry Dowsett

Directors at Large

Jan Erisman
Lynn Munro
Stu Pritchard
Rhonda Rankin

SCHS Community Youth Representative

Jordan Inverarity

Please contact us at president@springbankcommunity.com if interested in working with the board.



Membership Builds Community

Membership in the Springbank Community Association is a \$5 yearly fee for individuals or \$10 for households – included in membership is such benefits as a vote at the Annual General Meeting, details will be sent out and communicated to members. The SCA is also working hard to develop more programs, events, and activities within the Springbank Community and look forward to partnering with you to do that.

Visit springbankcommunity.com/membership-join/ to learn more!

Ladies Time Out invites you to our

Spring Tea

All are welcome to celebrate the
beginning of Spring on

Monday, May 15th

9am to 11am at Eden Brook

Reception Centre

24223 Township Rd 242

Please RSVP springbanklto@gmail.com



Springbank Community Association Board of Directors

The first official board in 1940 consisted of 7 members: J.C. Buckley, Samuel Copithorne, Thom Hodgson, James J. McKnight, John D. McLaurin, Ernest Robinson, and Herbert Smith.

Meet your Springbank Community Association Board

Karin Hunter, President

B.Comm., CFA. Karin brings a diverse background in planning, analysis, and facilitation. Karin is passionate about enhancing recreation and culture opportunities for all residents of the Springbank area, from children through to seniors.

Al Schmidt, Vice President

B.Sc., MBA, CPA CMA. Al brings more than 35 years of real estate project management to the board, involving strategy, design, finance, marketing, construction, and property management. He is process-driven and believes that organizational responses must be consistently driven by long-term vision and stakeholder objectives. Al relocated to Springbank from west Calgary in 2018 and is committed to preserving and improving our quality of life, even as Calgary's westward advances challenge traditional life patterns for residents of Springbank.

Terry Dowsett, Secretary

B.A.I.E. Terry has called Springbank home for over 30 years. She has been involved with the Springbank Community Association for nearly as many years and was a founding member of the Springbank Historical Society which completed a historical inventory of over 600 buildings in the community. She was the recipient of the Rocky View Special Projects Citizenship Recognition Award in 2002.

Ian Galbraith, Treasurer

BA, FICB. Ian's background includes almost 3 decades as a commercial manager in banking, as well as HR, benefits, operations, and wealth management/investments. Since early retirement, he currently sits on various boards in a variety of capacities, including the Subdivision and Development Appeal Boards for Rocky View County, and has spent 10 years in the Performing Arts, including the role of technical director for a University Theatre.

Members at Large

Jan Erisman

B.I.D. with distinction. Jan is a commercial and residential interior designer, as well as a Masters basketball athlete, basketball coach, and 30-year resident. She is a volunteer

board member for the Springbank Area Structure Plan and the Rocky View West Recreation Board, over 20-year member of the Springbank Community Association, STAPA member, and founding member of the Springbank Historical Society. Jan strives to celebrate the incredible history of Springbank while promoting the community.

Lynn Munro

B.Ed. with distinction. Lynn grew up on a mixed farm and now actively participates on her husband's family ranch in north Springbank. Her two sons are the sixth generation of family to live in Springbank. She has been a committed volunteer to our local schools and sports, including minor hockey and football, and believes longevity of community is achieved through enhanced local facilities.

Stu Pritchard

Stu has been a resident of Springbank for the last 35 years. He is a retired senior IT marketing and sales executive with expertise in oil and gas information technology. Stu has lectured at the undergraduate and graduate level and is also experienced working overseas as a specialist. He is an active downhill and cross-country skier in the winter season and a cyclist in the summer. Up until the not-so-distant past, he and his family bred, raised, showed, and rode Tennessee Walking Horses.

Ronda Rankin

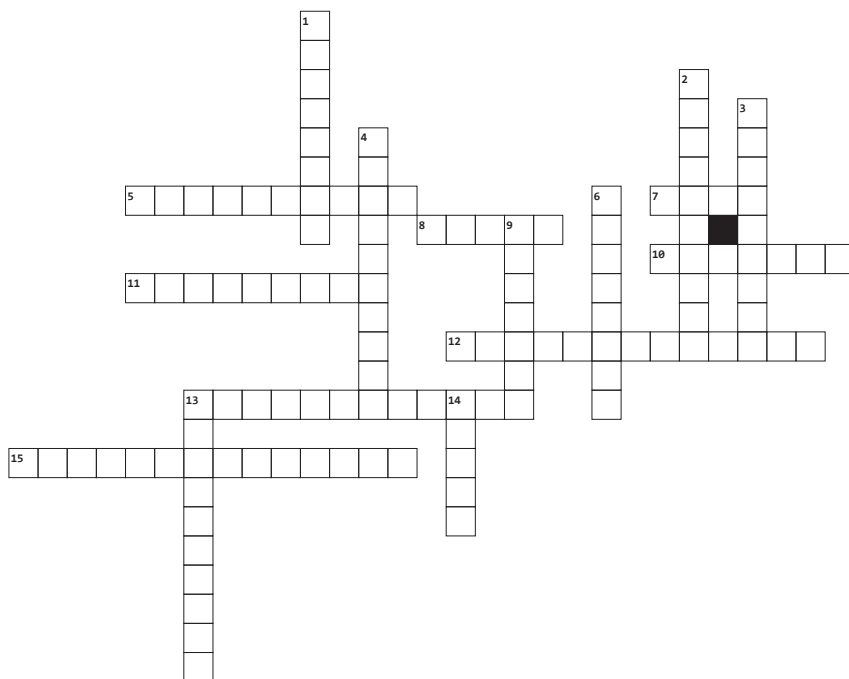
CPA, CGA. Ronda Rankin is a Springbank resident and an active outdoor recreational participant who enjoys running, hiking, and cycling in and around the community. As the president of Springbank Trails and Pathways Association (STAPA), she would like to see a safe, integrated, and sustainable system of trails and pathways in Springbank that link to the neighbouring cities of Calgary, Bragg Creek, and Cochrane. She has served in various volunteer and community organizations including the Rocky View West Recreation District Board.

Jordan Inverarity, Youth Director at Large

Jordan is a Grade 12 student at Springbank Community High School. This is her third year on the community board where she has been learning about the workings of a board and how to be a better member of the community. Jordan is an active contributor to the monthly e-newsletter. She is eager and excited to incorporate the voice of the youth throughout the community!



May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

**SCAN THE QR CODE FOR
THE ANSWER KEY**





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Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to [BBB.org](https://www.bbb.org).

Joke of the Month

What do you call a little bear with no teeth?

A gummy bear.

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Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes

Cook Time: 8 minutes

Servings: 4

Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbp. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!



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