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PRESIDENT'S MESSAGE

This month marks the start of a very busy events calendar for the RCA.

On May 6, we have the Spring Craft Market which will feature a selection of handmade crafts, fantastic products, and even some amazing food vendors. Its a great opportunity to pick up a gift for Mother's Day for your mother, grandmother, spouse, guardian, friend, or even just a little something special for yourself. Entrance is by donation (of cash or non-perishable food items) to the Ranchlands Food Pantry, which directly supports our residents who might be suffering from food insecurity.

Saturday, May 13, we will have our friends from the Kiwanis Club of Calgary Chinook on site for Bike Fest. Full details were not available at the time of printing but will be posted to our Facebook page, so please make sure you follow us there.

Sunday, May 21 is our Community Potluck event happening from 2:00 to 5:00 pm. Bring a dish to share if you can and come enjoy meeting your neighbours. We will even have some play equipment set up to keep young kids entertained.

On June 3, we will be hosting our annual Parade of Garage Sales plus a trunk sale at the community hall. To register your garage sale on the map for \$5 (free for RCA Members!), please email the hall. To book a spot for the trunk sale, it is \$10 (RCA Members pay just \$5), and we provide a table and chair.

We also have our community cleanup coming up on Saturday, July 8 in participation with the City of Calgary. We hope to have a few different partners joining us on this event but we do need volunteers to make this event happen. We will have a volunteer registration link available soon.

Lastly, we are thrilled to announce that we will be having our casino fundraiser event on Thursday, August 31 and Friday, September 1 at Ace Casino. This is the single biggest source of funding for the RCA and helps us fund repairs to our building. If you have questions about volunteering with this event, please reach out to the office and we will provide a registration link closer to the date.

Anita Raffaele

President



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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).



News from the Friends of Nose Hill

by Anne Burke

The annual May Plant Count is an event where volunteers survey their favourite natural areas to collect data on the distribution and blooming of flowering plants in Alberta. Collection of plant specimens is not allowed in any protected or restricted areas, such as Nose Hill Park. The survey, which takes place between May 25 and 31, encourages stewardship and is based on appreciation of nature.

Expertise in identification is valuable, but not mandatory. It is open to anyone with an interest in plants and flowering. As a citizen scientist, your photos submitted during the count period will contribute to the databases. To join the project, go to <https://inaturalist.ca/projects/alberta-may-plant-count>. In order to submit observations, you will need to log in and create an account (which is free).

The May Plant Count is part of the May Species Count. It began in 1976 to track bird species across Alberta and, in 2011, over 300,000 birds were counted. In 2022, over 400 people participated in the bird count. To learn more about how to download your results onto the eBird app and to contact your local organizer, go to <https://naturealberta.ca/may-species-count/>.

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RANCHLANDS COMMUNITY ASSOCIATION

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PROGRAM CONTACTS

Ranchlands Food Pantry Contact RCA Office

Skating Rink Coordinator Darren Angell Contact RCA Office

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186th Ranchlands Scouts 186thRanchlandsScouts@gmail.com

Girl Guides of Canada: Wichewakw District <https://register.girlguides.ca/web/en/unit>

COMMUNITY CONTACTS

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St. Rita's Catholic Elementary School

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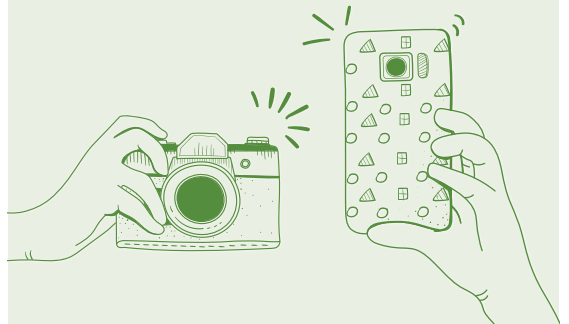
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Help Us Find a Cover Photo!

Are you a budding photographer? Do you curate an exciting Instagram feed? Do you have some beautiful shots in your archives? We'd love to see them!

The Ranchlands Community Association is looking for monthly contributions to grace the cover of the Roundup. **These images need to be 1MB and 300 DPI.** Photos can be taken in or of the community, be based on the seasons or holidays, or just a genuinely great photo!

For more information, or to submit your photographs, please contact the Community Association at ranchlandscommunity@outlook.com. **Entries must be submitted by the fifth of the previous month to be featured in the newsletter.** E.g.: March 5 to be featured in the April newsletter.





WHAT'S HAPPENING AT THE RCA

RCA Room/Space Rentals: If you are looking for a place to host a birthday party, family gathering, or corporate event, why not check out the RCA! We have space for daytime bookings. You can now check hall availability and start a booking online. Check our website for more info at www.ranchlandscommunity.com/rentals.

For any questions about rentals not answered on our website, please contact the office at ranchlandscommunity@outlook.com.

Community Coffee: Drop-in program taking place Tuesday mornings from 10:00 am to 2:00 pm in the West Hall. Come and meet your neighbours and enjoy a cup of coffee or tea in a friendly, inclusive environment. Open to all.

Little Ranchlanders Playgroup: Now happening on Wednesdays from 10:00 to 11:30 am in the West Hall. Free for RCA Members! Parent supervised, please bring a nut-free snack. Contact the office for more information.

Monthly Board Game Night: Happening on the first Monday of each month from 6:30 to 8:30 pm in the West Hall. Open to all ages! Feel free to bring along any games you might want to share or let others try out for the night.

Donations Needed! Ranchlands Food Pantry: We are always in need of donations to help fill hampers for Ranchlands in need of some help. Food donations can be dropped off in the wooden RFP box in the front lobby and we also accept cash and gift card donations at the office, Monday to Friday from 10:00 am to 3:00 pm. Large donations are eligible for a tax receipt, so if you want to claim one, please include your name, address, and the purchase receipt when you drop off donations.

If you need food support, please reach out to the office to arrange a pick-up time. The only requirement to access this program is that you live in the Ranchlands community.

YYC Growers and Distributors: Wednesday pre-order pick up from 4:00 to 6:00 pm in the main lobby of the RCA building or outdoors weather permitting.

Living Springs Church: Here at the RCA, Sundays from 10:30 am to 12:00 pm. Contact Glen Switzer for more details at 403-701-7668.

Soccer Registration: The RCA, in partnership with Calgary Northside Soccer, is excited to announce that registration for the 2023 Outdoor Grassroots Soccer League is now open. The spring program runs in Ranchlands the week of April 24 to the end of June. Please email the hall for more information.



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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News, Events, & More



Crime Statistics



Real Estate Statistics



St. Rita School Update

St. Rita School is welcoming the warmth of spring with open arms! Early April was filled with Easter preparation prior to Easter break. Staff and students have come back from our break rested, renewed, and ready for the remainder of the school year. Students had the opportunity to participate in gymnastics for three weeks as part of their physical education program. We also took a school field trip to the Calgary Philharmonic Orchestra's performance of *Napi and the Rock*. We ended the month with our Spring Fling family dance, which is always tons of fun!

Though the end of the school year is in sight, we still have many more learning opportunities on the horizon! In May, we are welcoming Trickster Theater for a weeklong residency centered around the theme *The Great Outdoors!* This will culminate at our Fine Arts evening on May 26, where students will perform the play developed during the residency. This is also an opportunity to showcase the glass art pieces that students created during our Passion for Glass artist in residency in early spring.



Girl Guides Cookies are here! Please be prepared to answer the door to the excited and brave smiling faces coming to your door. For spring, we sell chocolate and vanilla flavours, all in one box so you don't have to choose. For the first time in 10 years, Girl Guides raised the price of cookies to \$6 per box. It is a great opportunity to practice our math skills. We have already had a successful first-time cookie group sale at Crowfoot Safeway. Within five and a half hours, we sold 15 cases. If you missed us at the door, please reach out to Ranchlands Community Association or directly email our Glacier (Wichewakn) District.

In March, Guides visited TELUS Spark twice to celebrate Indigenous Culture through arts and science. The first time, we had 22 people in the group, including one grandmother, one dad, three siblings, and seven moms. The second time, we did a big cookie distribution right in the plaza. Together, we got to enjoy the new programs at TELUS Spark such as Wonderspaces and Sacred Defenders of the Universe and experienced the dome theatre.

Our guides and families are regulars of the library, and we recently enjoyed a self-guided tour at Crowfoot Library. We feel proud that we know our home library better. Connecting with the local Home Depot and Fire Station were also highlights of the month. We are getting ready for spring gardening and can't wait to join the Ranchlands Community Garden.

What is coming in May? We will be learning about lip balm making while drinking herbal tea and going on a mother-daughter camping trip. If your girls want to try outguiding for free, please sign up for 'Try Now Join Later', visit https://www.girlguides.ca/web/ggc/join_us/ggc/join_us/join_us.aspx?utm_medium=cpc&utm_source=google&utm_campaign=spring&utm_term=girlactivity&gclid=EAlaIQobChMIvPHYqY_glVUwKtBh26MwhaEAAYASAAEgK2a_D_BwE&gclid=aw.ds.

The registration dates for guiding year 2023-2024 are:

- **Monday, May 8, 10:00 am ET** – Girls returning to the same unit

- **Thursday, May 25, 10:00 am ET** – Girls changing branches/units in BC, AB, NT, and YT
 - **Monday, June 5, 10:00 am ET** – All girls registered in 'Try Now Join Later'
 - **Monday, June 12, 10:00 am ET** – All girls (new and returning)
- For any Girl Guides inquiries, please email us at any-calgarywichewakn@girlguides.ca. Thank you.



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ALLEN SCHULTZ 
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ALBERTA Party

It's hard to believe that we're coming to the end of another Scouting year, with only a couple of months left on our regular calendar. But we still have lots of activities packed into these last few months, including our June Family Camp, along with a few fundraising activities. Our 186th Ranchlands Scouts Group wants to thank our Ranchlands residents for their support on our March 18 Bottle Drive. It was our most profitable Bottle Drive to date, raising just under \$3,000! That makes a big difference for our program and allows the Beavers and Cubs to stretch into some new, more costly, adventures like climbing, but also enjoy some favourites like paddling.

Our next Bottle Drive will be Saturday, May 13, from 9:00 am to 12:00 pm. We have a smaller group than in the past as we don't have a Scout Troop this year, so we don't get a chance to get to everyone, but there are a few ways you can make sure we get your bottles. There is always someone at the Community Centre if you want to drop them off directly. To make things quicker, you can place your bottles on your doorstep at 9:00 am with a sign stating, "For Scouts" (we can't take them unless we know they are for us). And you can reach out to us directly at 186thRanchlandsScouts@gmail.com to set up a pick-up.

Highlights from our March and April meetings for our Beavers include night hiking at Nose Hill Park, building and racing their Beaver Buggies, and snowshoeing. The older Beavers are busy planning for their Swim Up to Cubs at the end of the year. For our Cubs, the Kub Kar rally is always a big highlight. Other events have included snowshoeing, coding at the Apple Store, and planning for the spring events, including paddling, climbing, and photography.

We are currently reaching out through our organization and community looking for new volunteers for our Beaver and Scout Sections, and our Group Committee, to grow our group and bring back our Scout Section in the fall. Please let us know if you are interested in volunteering!

Yours in Scouting,

Tara Barnett

186th Ranchlands Scouts

Not Too Sweet Blueberry Muffins

Shared by Zen Lee

If you have an original recipe you would like to share with your neighbours through a future newsletter, please email it to the hall at ranchlandscommunity@outlook.com.

Ingredients:

- 1 ½ cups all-purpose flour
- 2 tsp. baking powder
- ¼ tsp. cinnamon
- 1/8 tsp. nutmeg
- ½ cup granulated sugar
- 4 tbsp. melted salted butter
- 2 tbsp. coconut or rapeseed oil
- 1 ½ tsp. vanilla extract
- ½ tsp. raspberry extract (optional, but really amps up the blueberry flavour!)
- 1 cup blueberry yoghurt (I use Oikos blueberry Greek yoghurt)
- 1 cup fresh blueberries (do not substitute with frozen)
- 1 large egg

Directions:

- Preheat oven to 375-degrees Fahrenheit.
- Whisk together dry ingredients in a bowl.
- Melt the butter in a medium sized bowl and add the coconut or rapeseed oil, vanilla extract, raspberry extract, and blueberry yoghurt. Whisk by hand or with a stand mixer until well blended.
- Add fresh blueberries to the wet ingredients mix of step three and mix with a spatula until blueberries are mixed throughout.
- Fold the egg into blueberry mixture until just incorporated.
- Add wet ingredients to dry ingredients and fold until dry ingredients are just incorporated and there are no more pockets of dry ingredients. A clumpy mixture is ok, you want to avoid over mixing.
- Divide the mixture into a baking tray and bake for 25 minutes.
- After 25 minutes, remove muffins from baking tray and let them cool on a baking rack.



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GAMES & PUZZLES

Guess That Movie!

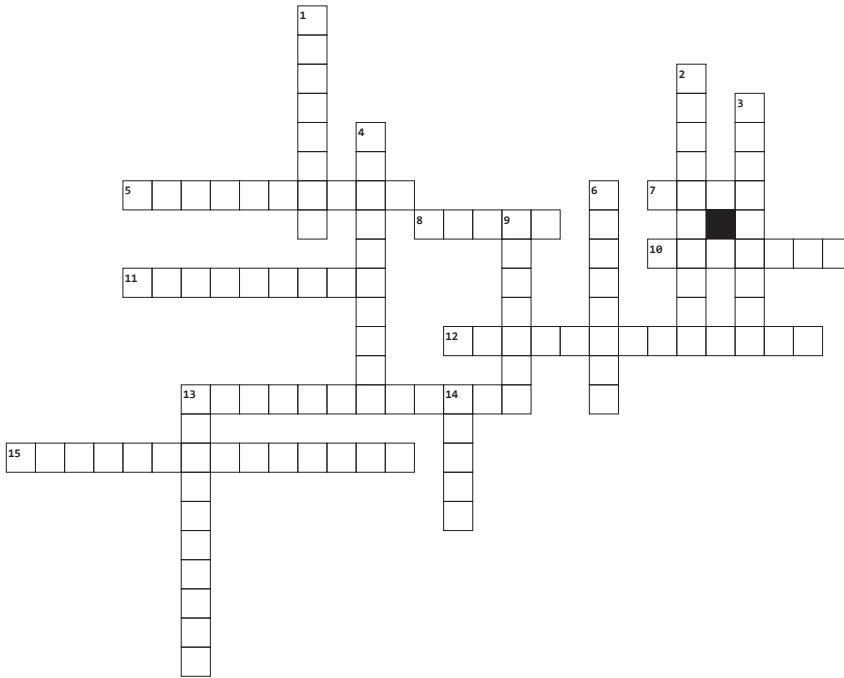
1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.

4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.

SCAN THE QR CODE
FOR THE ANSWERS!



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



542 BATMANS



A group of Calgarians holds the Guinness World Record for the "largest gathering of people dressed as Batman." On September 18, 2014, 542 participants donned their capes and filled the streets of downtown Calgary. This record attempt was the first mark of its category and in 2023, the record is still held by this group!



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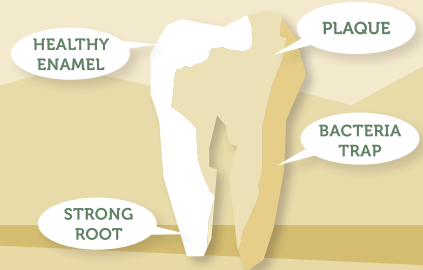
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