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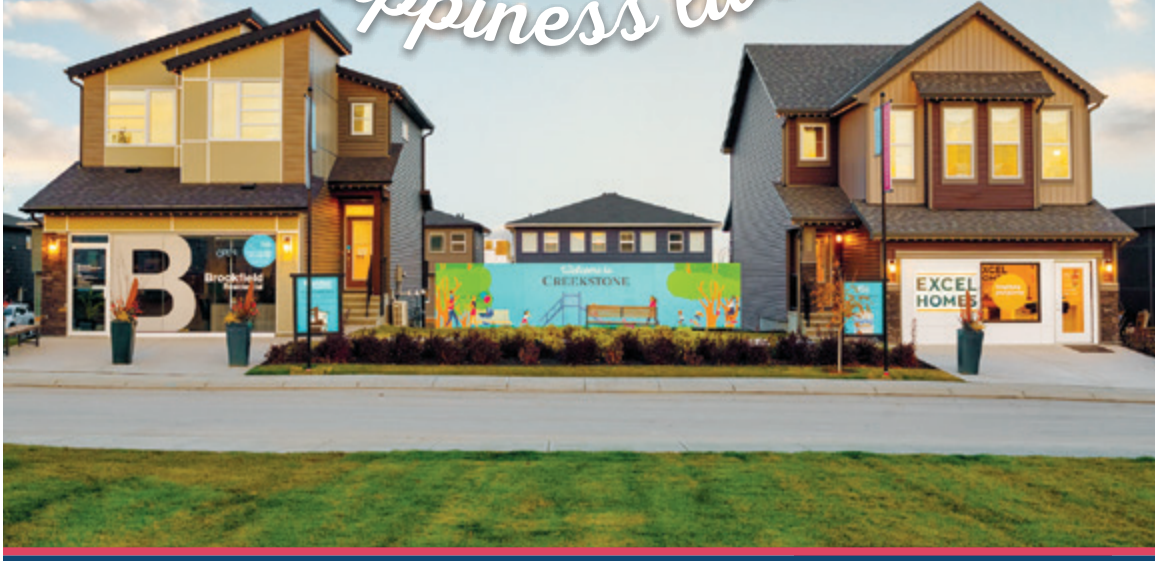
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### Data Privacy

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](http://BBB.org).

### 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.



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FOR THE ANSWERS!**





Become a part in your Community! Join the Silverado Community Association

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- Memberships cost \$25/year for each address and are renewable annually in March. Please mail application form to: Silverado Community Association, PO Box 32003 Silverado PO, Calgary, AB T2X 0X4 or send email to [info@silveradoca.ca](mailto:info@silveradoca.ca). Cheques are payable to Silverado Community Association. Please allow 3-4 weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up-to-date on the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to [info@silveradoca.ca](mailto:info@silveradoca.ca).
- Silverado Community Association updates can be located on our website at <http://silveradoca.ca/>



Follow Silverado Community Association on Facebook [www.silveradoca.ca](http://www.silveradoca.ca)



# Silverado Community Association

## Board of Executives

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Vacant	Secretary

## Board of Directors

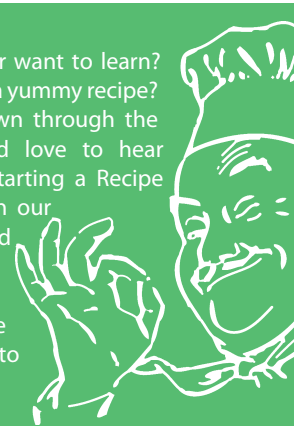
Julian Springer	Communications
Vacant	Director at Large
Vacant	Director at Large
Vacant	Rink
Vacant	Development Committee
Charlotte Schank	Community Garden Committee

To contact the SCA, email [info@silveradoca.ca](mailto:info@silveradoca.ca)

## COMMUNITY ASSOCIATION NEWS

All residents of Silverado, Belmont, and Yorkville are invited to attend our meetings. Currently due to COVID-19 our board members meet online through a video platform. If you wish to join us or if you have any questions, please feel free to email us at [info@silveradoca.ca](mailto:info@silveradoca.ca).

Do you love to cook? Or want to learn? Have you come up with a yummy recipe? Or had one passed down through the generations? We would love to hear from you! We will be starting a Recipe of the Month section in our newsletter, and would love to include diverse items that represent our community! Please send any submissions to [info@silveradoca.ca](mailto:info@silveradoca.ca)!



# The Benefits of Being a Camp Counselor

by Jessica Miller Switzer

Spring is finally coming and students are looking for summer jobs. Due to pandemic closures, there is one amazing summer opportunity that many may have forgotten about: being a summer camp counselor! There's a reason there are so many movies about summer camp. They provide unforgettable life experiences for campers and staff.

Being a camp counselor can provide a range of benefits, including:

**Leadership experience:** As a camp counselor, you will be responsible for leading and guiding a group of campers. This provides an opportunity to develop leadership skills, such as communication, problem-solving, and decision-making.

**Personal growth:** Being a camp counselor can also help you develop personally by challenging you to step outside of your comfort zone and try new things. You may also develop greater empathy and understanding as you work with campers from diverse backgrounds and with different needs.

**Positive impact on others:** As a camp counselor, you have the opportunity to make a positive impact on the lives of the campers you work with. You can help them develop new skills, build confidence, and create lasting memories.

**Teamwork and collaboration:** Camp counselors often work closely with other counselors and staff members to plan and implement activities for campers. This provides an opportunity to develop teamwork and collaboration skills, which can be valuable in many different settings.

**Networking and career opportunities:** Working as a camp counselor can also provide networking opportunities and help you build valuable connections in the field of education, recreation, or youth development. It can also be a great way to gain experience and build skills that can be applied to future careers in teaching, coaching, or other related fields.



### Would I make a good camp counselor?

There are a few traits that make for a good camp counselor:

**Enthusiasm:** A positive attitude and genuine excitement for the camp experience can go a long way in creating a fun and memorable summer for campers.

**Responsibility:** As a camp counselor, you will be responsible for the safety and well-being of your campers. Being responsible and reliable is crucial to being a successful counselor.

**Patience:** Campers may not always behave perfectly, and it's important to remain patient and calm in challenging situations.

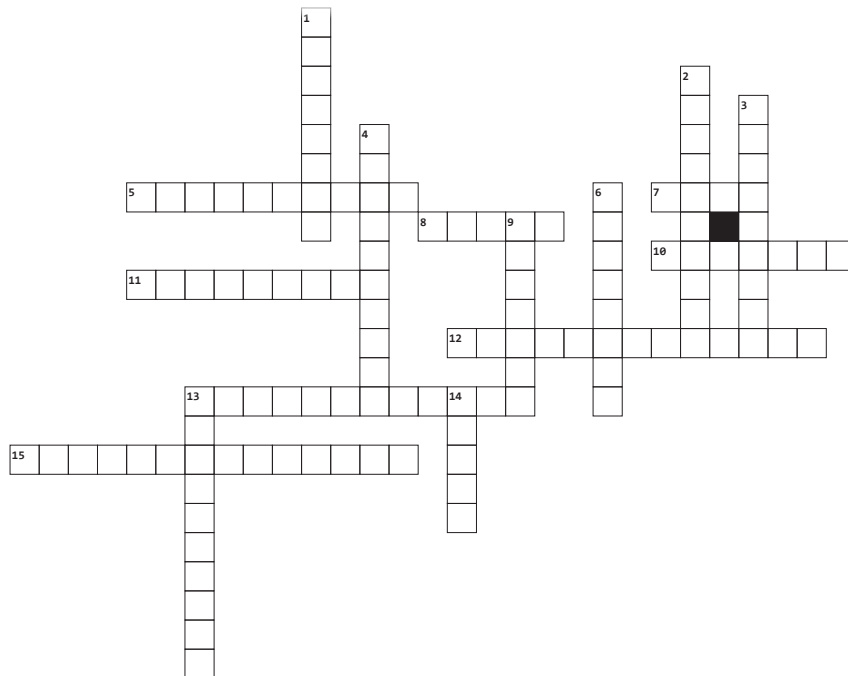
**Flexibility:** Summer camps are dynamic environments, and unexpected situations may arise. Being flexible and adaptable is key to being able to handle these situations effectively.

**Creativity:** Campers often enjoy activities that are creative and unique. Having the ability to think outside of the box and come up with fun and engaging activities can make for a great summer experience.

**Communication skills:** Being able to communicate effectively with campers, fellow counselors, and camp leadership is important for creating a positive camp environment.

If you possess many of these skills and enjoy working with children and young people in an outdoor setting, then being a summer camp counselor could be the ideal summer job for you!

# 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.

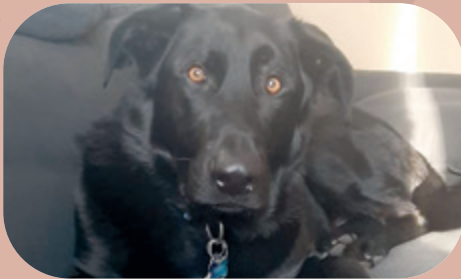
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## Joke of the Month

What do you call a little bear with no teeth?

A gummy bear.

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# Limit Sugar for a Sweet Smile

from Alberta Health Services

April is Oral Health Month in Canada. Regular brushing and flossing are good habits to help reduce tooth decay. However, limiting added sugar is also an important way you can prevent tooth decay and protect overall health.

Choosing too many foods and drinks with added sugar can increase your risk for tooth decay. Acid is produced when the bacteria in your mouth eat sugar. The acid dissolves the tooth surface (enamel) and can lead to tooth decay. Added sugar also adds calories without any nutrients, and can contribute to other diseases such as diabetes, obesity, and cardiovascular disease.

Added sugars are found in processed foods and drinks and can also be used to preserve foods such as jams and jellies. They can be added for taste, texture, and colouring. Sugary drinks are the main source of added sugars in most people's diets. Examples include pop, fruit-flavored drinks, flavoured milks, sport drinks, and specialty coffees. Other foods high in added sugar are sweetened baked goods and desserts, chocolate and candy, and condiments like ketchup and jam.

The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

### Here are some tips to limit added sugar for healthy teeth and overall health:

#### At the grocery store:

- Read the ingredient list. Words ending in "ose" such as sucrose and fructose, or words such as syrups, honey, molasses, fruit juice, and puree concentrate are sugars. When they appear at the beginning of the list, the food is higher in sugar. Choose these foods less often.

#### When cooking and baking:

- Choose recipes with little or small amounts of added sugar.
- Try cutting down on the sugar, syrup, molasses, and honey in your recipes. For example, instead of 1 cup (250 mL) use 1/2 or 3/4 cup (125 or 175 mL).

- Flavour foods with spices, herbs, lemon, or vinegars, such as balsamic and cider, instead of bottled, premade sauces.
- Ready-made sauces such as sweet and sour, honey garlic, and ketchup contain sugar. Use them less often and in smaller amounts.

#### At home and when eating away from home:

- Drink water to quench your thirst.
- Limit the amount of sugar you add to foods and drinks during preparation or at the table.
- Limit the number of sugary drinks you have, such as pop, fruit-flavoured drinks, flavoured milks, sport drinks, and specialty coffees.
- When choosing a snack, pick vegetables or fruits that do not contain added sugar.

Learn more at [ahs.ca](https://ahs.ca) by searching "all about sugar."





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January	23	16	11	\$525,000	\$524,500
December	22	6	8	\$444,450	\$433,750
November	22	5	7	\$520,000	\$515,000
October	22	15	15	\$470,000	\$499,900
September	22	13	17	\$460,000	\$455,000
August	22	17	15	\$535,000	\$525,000
July	22	22	25	\$529,900	\$520,000
June	22	28	22	\$477,000	\$490,000
May	22	24	22	\$527,500	\$529,250
April	22	32	24	\$454,950	\$451,500

To view more detailed information that comprise the above  
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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/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.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



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