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# Soccer in the Community

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## Prairie Winds 4-H Club June Update

by Prairie Winds 4-H Club Reporter, Abigail Dowler

We started off the spring with an opportunity for members to go behind the scenes at Porsche. They learned about the history of Porsche, got a tour of the dealership, and got a sneak peek of the new Porsche model coming out.



We had a multi-workshop day where we completed a few projects all at once. The day started off with a "Going Batty" workshop, facilitated by the Cochrane Ecological Institute, where members learned about some bat myths, explored a bat's role in the ecosystem, and learned what we can do to help them.




Bat boxes are a good way to help bats by providing safe shelter. The second workshop of the day was part two of the introduction to crochet and amigurumi, the Japanese art of crocheting small, stuffed creatures. We worked on finishing a stuffed dino and learned that this craft is not for everyone. Following these workshops, we spent some time working on our 4-H diaries. Diaries provide an opportunity for members to reflect on their year and track participation, which will be used in the years to come. The last workshop of the month was an essential oils workshop. During this workshop members got a behind the scenes tour at Milkjar to learn more about this local company. Members will get to watch candles being made and each member gets to make an essential oil roller.

After another fun month of 4-H, members are getting closer to the end of our 4-H year and starting their preparations for achievement day. Finally, we would like to thank the Ronald McDonald House for giving us an opportunity to tour the house and for showing us how they help families with sick children.

### Joke of the Month

What do you get from a pampered cow?  
Spoiled milk.



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# Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

**1. Work on Yourself** – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.

**2. Communicate Openly** – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.

**3. Trust** – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.

**4. Set Boundaries** – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

**5. Be Supportive** – Offer support and encouragement

to your partner. Show empathy and understanding towards their experiences and emotions.

**6. Maintain Independence** – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.

**7. Address Insecurities** – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.

**8. Practice Self-Care** – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.

**9. Focus on the Present** – Avoid dwelling on past relationship traumas or projecting future fears onto

your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

**10. Seek Growth Together** – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

**The following are tips to help your anxious partner to feel more secure:**

- 1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.
- 2. Reassurance** – Offer regular affirmations of your love, commitment, and support.
- 3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- 4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.
- 5. Boundaries** – Respect your partner's boundaries and communicate your own clearly.
- 6. Quality Time** – Spend meaningful time together, creating positive experiences and memories.
- 7. Appreciation** – Show appreciation for your partner's efforts, qualities, and contributions.
- 8. Consistency** – Be consistent in your actions and behaviours to foster a sense of security and stability.
- 9. Problem Solving** – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.
- 10. Self-Care** – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

**Book Suggestions:**

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You've Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller



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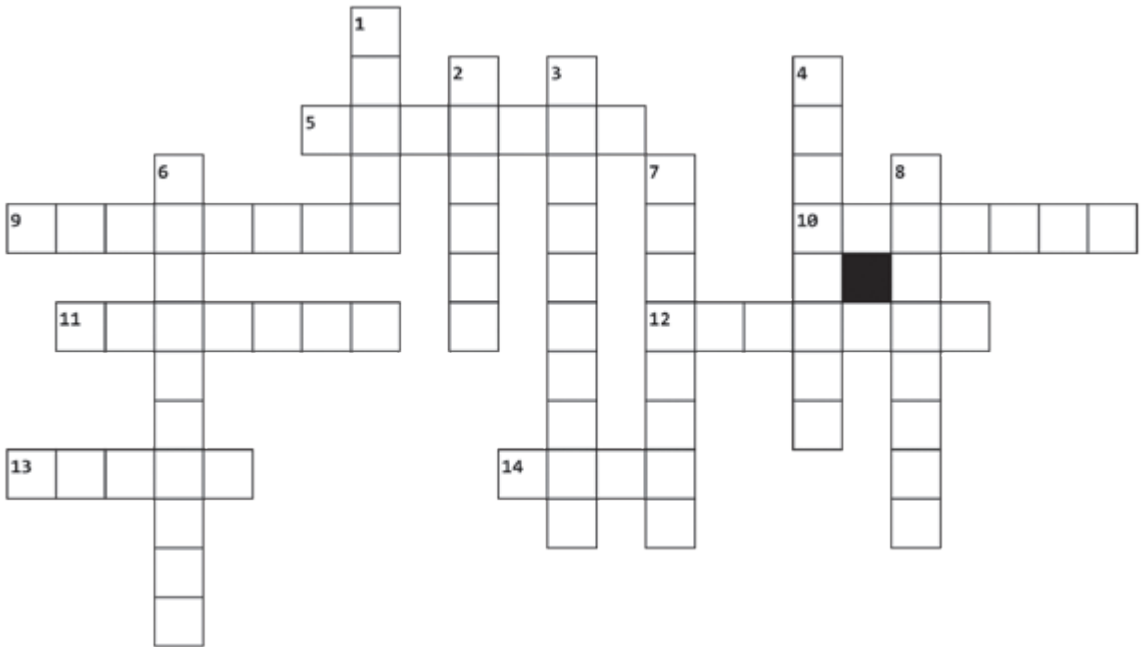
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# June Crossword

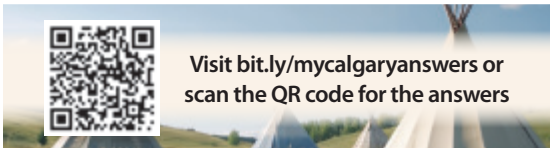


## Across

5. On June 21, 1957, Canada's Prime Minister Louis St. \_\_\_\_\_, who had the distinction of having the longest continuous term as prime minister, resigned.
9. This year's F1 Canadian Grand Prix in \_\_\_\_\_ will be held from June 6 to 10.
10. In history books, June 21, 1749, marks the date that \_\_\_\_\_, Nova Scotia was founded.
11. The \_\_\_\_\_ released their hit album "Sgt. Pepper's Lonely Hearts Club Band" in June of 1967.
12. In June 2003, J.K. \_\_\_\_\_ released *The Order of the Phoenix*, the fifth book of the Harry Potter series.
13. Interestingly, the most \_\_\_\_\_ Laureates are born in June.
14. June is named after which Roman goddess of marriage, childbirth, and love?

## Down

1. June's birthstone, the \_\_\_\_\_, is the only stone that is made by a living sea creature.
2. On June 5, 1998, audiences were captivated by the release of "The \_\_\_\_\_ Show," featuring Jim Carrey in the lead role, portraying a man unwittingly thrust into the spotlight as the star of a live television program.
3. On June 21, Canada honours the contributions of First Nations, Inuit, and Métis peoples by celebrating National \_\_\_\_\_ Peoples Day.
4. The novel *Crazy Rich Asians*, released on June 11, 2013, later became a film starring Oscar-winning actress \_\_\_\_\_ Yeoh.
6. June's full moon, known as the \_\_\_\_\_ Moon, will illuminate the sky on June 21 this year.
7. June 28, 1980, \_\_\_\_\_ entered Ontario as part of his incredible Marathon of Hope.
8. Founder of Tesla and SpaceX, \_\_\_\_\_, was born on June 28, 1971.





# Understanding Tuberculosis

by Alberta Health Services

### What is Tuberculosis?

Tuberculosis (TB) is an infection caused by slow-growing bacteria. It commonly affects the lungs, but can also affect the kidneys, brain, or spine. It is preventable and can be cured by treatment with antibiotics.

Like many airborne illnesses, TB is contagious and spreads when a person who has active TB breathes out air that has the TB bacteria in it. An infected person releases even more bacteria through laughing, coughing, or sneezing.

TB bacterium grows best in areas of the body that have lots of blood and oxygen. That's why it is most often found in the lungs. This is called pulmonary TB. But TB can also spread to other parts of the body, which is called extrapulmonary TB.

### Symptoms of Tuberculosis

If you have TB, you might have:

- A bad cough that lasts longer than two weeks and makes you cough up blood or phlegm sometimes.
- Chest pain, weakness, or tiredness.
- Lack of appetite, weight loss.
- Chills, fever, and night sweats.

If you have symptoms or have been exposed to someone with TB, call your health care provider or Health Link at 8-1-1. If you do not have a family doctor, visit Alberta Find a doctor.

### Who is Most at Risk for Tuberculosis?

Some people are more at risk for TB than others. This includes those who:

- Have been around people known or suspected to have TB.
- Have had TB in the past but did not complete treatment as prescribed.
- Live or work in a community with high rates of TB.
- Visit and stay in countries with high rates of TB.
- Have a weakened immune system.

If you don't have stable, safe, permanent housing or have trouble finding health care (for example, you live in a remote area) you may be at higher risk of getting TB.



### How is Tuberculosis Treated?

Treatment is often a success, but it is a long process. It usually takes about six to nine months to treat TB. But some TB infections need to be treated for up to two years.

In most cases, your health care provider will combine four antibiotics to treat active TB. It's important to take the prescribed medicine for active TB for at least six months. Almost all individuals with TB are cured if they take their medicine as prescribed.

If tests still show active TB after six months, then treatment continues for another two or three months. If the TB bacteria are resistant to several antibiotics (multidrug-resistant TB), then treatment may be needed for a year or longer.

If active TB is not treated, it can damage your lungs or other organs and can be deadly. You can also spread TB by not treating it and seeking proper care.

Did you know? In 2023, there were approximately 245 active cases of TB in Alberta, according to AHSTB Services.

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## June: Canada's Month of Celebration

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

June is a month with plenty to celebrate about Canada. It is National Aboriginal History Month, a time to learn about the peoples that inhabit our region. In Calgary, these are the Treaty 7 signatories: the Siksika, Piikani, and Kainai Nations, the Îethka Stoney Nakoda, consisting of the Chiniki, Bearspaw, and Good Stoney Bands, and the Tsuut'ina Nation. Also here are the Métis of Alberta Region 3.

The first Sunday is Canadian Armed Forces Day. The King's Own Calgary Regiment and the Calgary Highlanders reserve unit are headquartered at Mewata Armoury, a Gothic Revival design with medieval castellated features built during the Great War. We thank all Forces personnel for their dedication and service.

Next is Canadian Environment Week, when we're encouraged to be good stewards of our rich natural heritage. Wednesday is Clean Air Day, by which we enjoy clear, crisp prairie skies complete with mountain peaks on the horizon.

National Indigenous Peoples Day is June 21. It is a day to experience an Indigenous celebration, whether it is through a walk at Fort Calgary or a dance at the Aboriginal Friendship Centre.

Then there's June 24, the feast day of Saint-Jean Baptiste. Last year, events were held at the National Music Centre and Théâtre de la Cité des Rocheuses, which has promoted dialogue in French in Calgary since 1996. This year is the 125th anniversary of the incorporation of Rouleauville by French Catholics in today's Mission district.

Speaking of dialogue, June 27 is Canadian Multiculturalism Day, when we celebrate living here together peacefully.

And finally, capping it all off, the day Confederation became reality in law - Canada Day, July 1. This year marks our 157th anniversary.

Did you know, on July 1, 1867, while church bells rang out and bonfires were lit across the Dominion, newspapers in English and French lamented this union

of peoples? They were none too excited about the agreement, each thinking the other would outdo them.

There's been much to debate since, but on this day, take time with those you love to celebrate and give thanks for the peace and prosperity of our federation.

Happy Canada Day!

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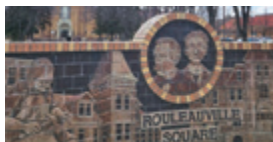
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Rouleauville Square, with St. Mary's Cathedral, April 2024. Photo courtesy of Anthony Imbrogno.



St. Mary's Parish Hall, home of Alberta Ballet, April 2024. Photo courtesy of Anthony Imbrogno.

# One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 4

**Ingredients:**

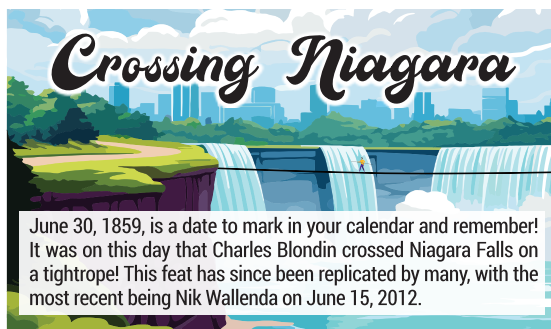
- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

**Directions:**

- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.
- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.

- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!





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# BUSINESS CLASSIFIEDS

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**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.



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**MP Calgary Rocky Ridge**  
**Pat Kelly**  
 202 – 400 Crowfoot Crescent NW  
 Calgary, AB T3G 5H6  
 ☎ 403-282-7980 📠 403-282-3587  
 ✉ pat.kelly@parl.gc.ca

Hello, Ward 1!

Summer is just around the corner, and I'm looking forward to seeing many of you at outdoor community events across Ward 1 and our city! Here's the latest news in Ward 1 and from City Hall.

**Neighbour Day**

Saturday, June 15 is Neighbour Day! This special day is a great opportunity to connect with the people around you. Check with your neighbours or your community association to see if there's a Neighbour Day event happening near you and visit [calgary.ca/neighbourday](http://calgary.ca/neighbourday) to learn more.

**Bowness Park Wading Pool Update**

After last year's closure, work is nearly complete on repairs to the wading pool at Bowness Park. Weather and construction timelines permitting, the wading pool should be open once again later this month. Visit [calgary.ca/sprayparks](http://calgary.ca/sprayparks) for the latest updates and to find other places where you can stay cool this summer.

**Single-Use Items**

Council held a Public Hearing to consider repealing the Single-Use Items bylaw in May. You can visit [calgary.ca/singleuse](http://calgary.ca/singleuse) to learn more about the final result and other waste reduction efforts The City is making.

**Drought Update**

We appreciate Calgarians' continued efforts at reducing their water consumption. The City of Calgary is doing its part by reducing water use as well. Visit [calgary.ca/drought](http://calgary.ca/drought) to find out if restrictions are in place and for water saving tips you can use year-round.

**Dandelions**

Dandelions are not considered a noxious and prohibited weed under the Weed Control Act. The City takes a number of steps to manage weeds, but does not use herbicides for cosmetic purposes. The City aims to maintain healthy turf, which allows grass to out-compete dandelions and other weeds.

Dandelions are not prohibited on private property under City bylaws. However, grass and similar herbaceous plants must be kept shorter than six inches.

I have been busy in Ottawa holding the government to account for its actions.

This year, the carbon tax went up 23% despite an affordability crisis and persistent inflation. This is the next step in the NDP-Liberal government's plan to quadruple the carbon tax over the next six years, making everything more expensive for everyone.

In April, the Liberals released the 2024 budget. It includes nearly \$40 billion in new inflationary spending. Canada will now spend \$54.1 billion to service its debt, which is more money than the federal health care transfer. Struggling families can't afford higher taxes and more inflationary spending that drives up the cost of everything and keeps interest rates high. That is why Conservative leader Pierre Poilievre sent a letter to Justin Trudeau with three demands to fix the budget:

1. Axe the tax on farmers and food by immediately passing Bill C-234 in its original form.
2. Build the homes, not bureaucracy, by requiring cities to permit 15% more home building each year as a condition for receiving federal infrastructure money.
3. Cap the spending with a dollar-for-dollar rule to bring down interest rates and inflation. The government must find a dollar in savings for every new dollar of spending.

The current budget does not meet any of these conditions, therefore my colleagues and I will vote against it and vote non-confidence in the government.

Feedback from Calgarians is very important to me and informs the work I do on your behalf in Ottawa. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.

It remains my honour to represent you at the House of Commons as your Member of Parliament.





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