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Vilma Mydliar, LLB

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Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered "heart-friendly" as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely



- sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



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Hello Neighbours,

Summer is finally here, and with summer comes plenty of outdoor activities, and fun in the sun. We recently hosted our AGM on May 28. More than 25 people from our four communities came out to hear about us, and we are thankful for your support. We also elected a new board and are happy to announce the 2024 SVLAS Board of Directors, including three new Directors:

Kris McPherson - President
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 Moncy Abraham - Secretary
 Peggy Tse - Director of Communications
 Braden Swab - Director of Project Development
 Kevin Matieshin - Director of Fund Development
 Anandha Arumugam - Director at Large
 Sarah Kromm - Director at Large
 Vacant - Director at Large

We also want to say thank you to our volunteer directors Courtney Hunt and Razaq Mohammed, who stepped down this past year. We are grateful for your efforts in helping us grow our project.

In the coming months, we will be launching a robust sponsorship program that will hopefully generate some donations towards our project. Right now, there are some terrific grant opportunities available for us to receive matching dollars, however we need support to get our portion of money secured first.

Community outdoor amenities play a crucial role in enhancing the quality of life and well-being of our community members. Overall, Symons Valley Park will offer a wide range of benefits, ranging from physical and mental health improvements to social interaction, environmental sustainability, and community development. Our park will contribute to the overall quality of life and happiness of residents and will be essential to the Symons Valley area. Our aim in building Symons Valley Park is to deliver key benefits to the residents such as:

1.) Promoting Physical Health: The park playgrounds, sports fields, and walking trails will encourage physical activity and exercise, and help people maintain a healthy lifestyle.

2.) Enhancing Mental Well-Being: Spending time in nature and outdoor environments has been linked to improved mental health and well-being. The park gives individuals a place to relax, reduce stress, and enjoy nature.

3.) Fostering Social Connections: With the park as a gathering place, people can come together and interact by socializing, meeting neighbours, and building a sense of community.

4.) Increasing Property Values: People are often willing to pay a premium for homes located near parks, trails, and recreational facilities, making our park a valuable community asset.

5.) Promoting Inclusive and Equitable Spaces: Our park will ensure that individuals with disabilities or mobility limitations can participate in outdoor activities.

6.) Encouraging Active and Vibrant Communities: Our park will promote and stimulate the use of local businesses.

If you agree that the benefits of building Symons Valley Park are significant, then we ask you to join us today. We are still looking for volunteers and sponsorship partners to help us raise funds to move our project forward. Please find us on the web at www.symonsvalleypark.ca or reach out by email at hello@symonsvalleypark.ca.

Best Regards,

Kris McPherson

President, Symons Valley Park

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How to Grieve the Loss of a Pet

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathetic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

Taking Charge of Your Health: Top Advice from Calgary Family Doctors

by the Calgary Foothills Primary Care Network

In our ever-changing health care landscape, taking an active role in your health is more important than ever. We asked our family doctors for their top advice for patients who want to take a more collaborative approach to their health.

Ask Questions

Understanding your condition fully can be daunting, but by requesting resources and written next steps, you can leave the clinic with a clear plan and a better grasp of your health. Dr. Christine Luelo advises: "Ask questions, especially the ones you are afraid to say out loud."

Get Involved

Dr. Noreen O'Riordan encourages patients to be fearless in their conversations with their doctor. "Being actively involved in decision making in relation to our own health improves our experience and outcomes." By gaining a deeper understanding of your conditions and treatments you can help improve your overall health.

Knowledge is Power

Dr. Shafeena Premji says: "We live in a beautiful world today, where now more than ever, information is at our fingertips ... knowledge is power." She advises patients to become familiar with their baseline risk factors, such as blood pressure, blood sugar, cholesterol, and breast density. "Focus on making those daily micro-wins in your daily habits and lifestyle choices." Small, consistent improvements can lead to significant health benefits over time.

Team Support

Dr. Janet Reynolds urges people to take full advantage of the free help available from Primary Care Networks. Family doctors work closely with the PCN team of health professionals such as nurses, mental health counsellors, and dietitians, to support you. "I love working with a team. It's the support and the comfort in knowing I don't shoulder the entire burden of care," says Dr. Reynolds.



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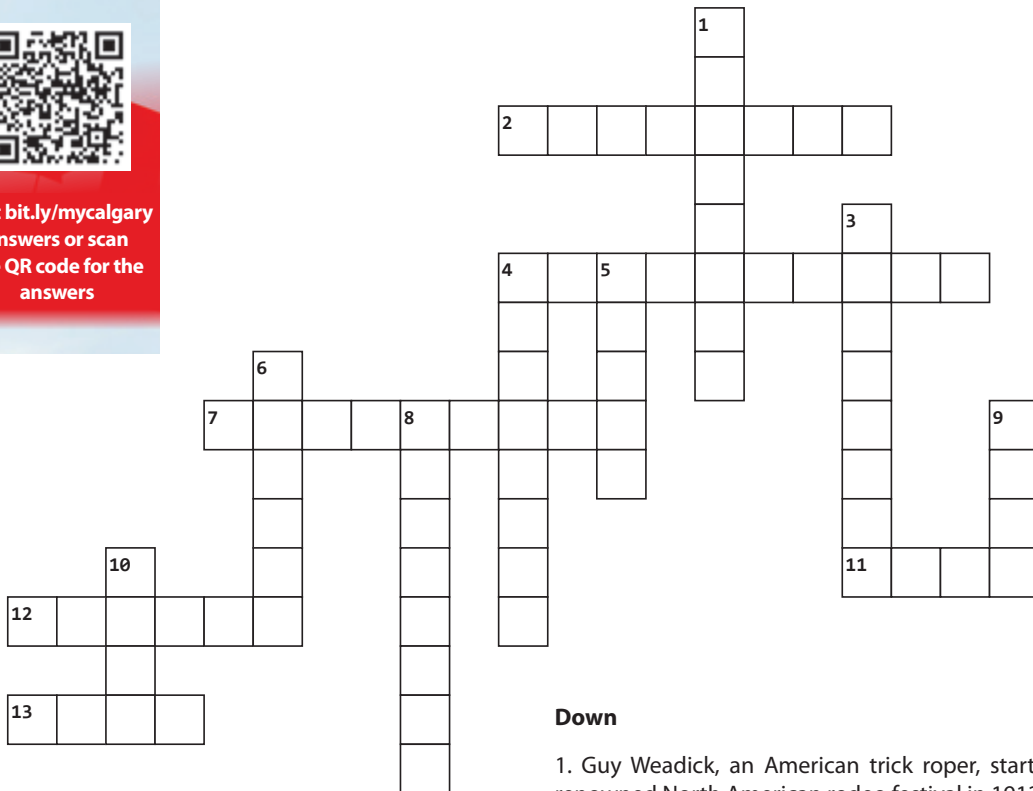
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July Crossword



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Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

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by The City of Calgary Waste and Recycling Services

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Calgarians can bring clean foam with no food residue, tape, glue, or labels. Examples include:

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- White and coloured foam. No black polystyrene foam.

Can't take foam to the landfill? Put it in the black cart as garbage. Do not put in blue cart. Foam breaks into small pieces in collection trucks causing contamination and lowering the market quality of the other recyclables.

For more information, visit calgary.ca/whatgoeswhere.

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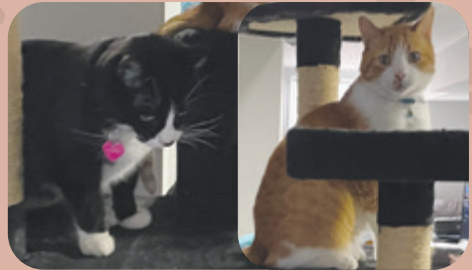
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Enjoy Off-Leash Dog Parks Safely This Summer

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. However, it's important to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

Keep your licence up to date

Make sure that your dog is wearing its licence tag and that it is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

Know your dog

Did you know? Research has shown that our emotional state and confidence play a huge role in how our dogs respond. A study has shown that dogs' cortisol levels change to match their owners'. This is a reflection of how strong our bonds are with our pets. Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn't quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.

Supervision and control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress-free outing is to ensure your dog has strong recall skills.

Bring essential supplies

Carry supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

To learn more before you head out to the park, visit calgary.ca/pets/licences.

Join the Partners in Planning Program

The Partners in Planning program offers an in-person opportunity to meet planners and learn how policies converge to guide The City's decisions and prepare for growth. Learn what planning and development policies and plans drive change in Calgary. Register for your spot at calgarycommunities.com/events.

The parliamentary session is in the final stretch before the summer break. I will be in Ottawa most of the time between now and the end of June and look forward to spending time in Calgary during the summer months, where I hope to see many of you at community events.

If you are involved with a local organization and would like me to participate in an event in the riding, please contact my office with the details, and I will be pleased to attend if my schedule allows.

The Liberal government released the 2024 budget in April and Parliament is debating its implementation legislation. In 2015, the government promised that more taxes, more spending, and more deficits would lead to budgets balancing themselves. Nine years later, Canada's federal government now spends more on interest payments than it does on health transfers or National Defence.

I am a member of the Standing Committee on National Defence, and regularly question Canada's Senior Military Officers, bureaucrats, industry experts, academics, and the Minister of Defence. Our committee studied the delays in the Access to Information System and lack of transparency in the Canadian Armed Forces (CAF), including when CAF members file misconduct complaints. Like all Canadians, CAF members are struggling with the cost of living. Lack of access to housing is causing members to leave the CAF, and some are homeless. I called on the government to cancel the April 1 rent increase for base housing. Now more than ever, we need to support our troops.

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.



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