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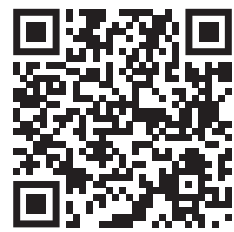
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Father's  
DAY**



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**NOLAN HILL**



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# Welcome Summer with Fresh Faces and Exciting News!

The Symons Valley Leisure and Amenities Society is growing, and we're thrilled to share our latest updates with you. From welcoming new board members to planning our much-anticipated Movie in the Park event, there's a lot happening in our community!

### Meet the New SVLAS Board Members

We recently held our AGM and wanted to thank everyone for coming out to support our group. We're pleased to introduce the newest members of our volunteer board - leaders who bring energy, experience, and a strong commitment to enhancing leisure and outdoor spaces in Symons Valley:

- Susan Lamola - Director at Large
- Shelley Wiart - Director at Large
- Sarah Kromm - Director at Large

We're excited about what this team will accomplish for our community in the months ahead. We want to thank Chad Rowe and Anandha Arumugam for their efforts in helping our board work towards our goals.

We are also still looking for volunteers to assist us with our fundraising efforts. This is not hard work, but it does take time, and the more people we can get to help us, the easier it is for us to be successful. If this is something that might interest you, please contact us at [hello@symonsvalleypark.ca](mailto:hello@symonsvalleypark.ca).

### Grant Applications Submitted/Looking for Partners

SVLAS has been actively pursuing funding through several recent grant applications to support our first goal of building a four-season hockey rink for the site.

This includes requesting \$500,000 from the City of Calgary and applying for two separate grants from the Province of Alberta that can match up to one million dollars. We have also contacted many developers and other businesses in the area and are hoping to have some of them reach out to contribute to the project. We're hopeful and will keep the communities informed as decisions are made.

### Movie in the Park - September 2025 - Seeking Sponsors and Partners!

We're bringing the big screen back to the great outdoors this September with our annual Movie in the Park—a fun, free, family-friendly evening under the stars. To make this possible, we're calling on businesses, community leaders, and individuals to partner with us through sponsorship and donations.

A \$750 sponsorship includes:

- Logo placement on event materials and screen.
- Vendor and promo booths at the event.
- Recognition in newsletters and social media.

No contribution is too small. Every dollar helps bring this community event to life and allow us to cover costs!

If you are a business that is interested in joining us, let's connect by reaching out to [sarah@symonsvalleyleisure.org](mailto:sarah@symonsvalleyleisure.org).

Stay connected by following us online on Facebook, visiting our website, or by reaching out anytime with your ideas and questions.

Don't forget to wear sunblock,

*Kris McPherson*

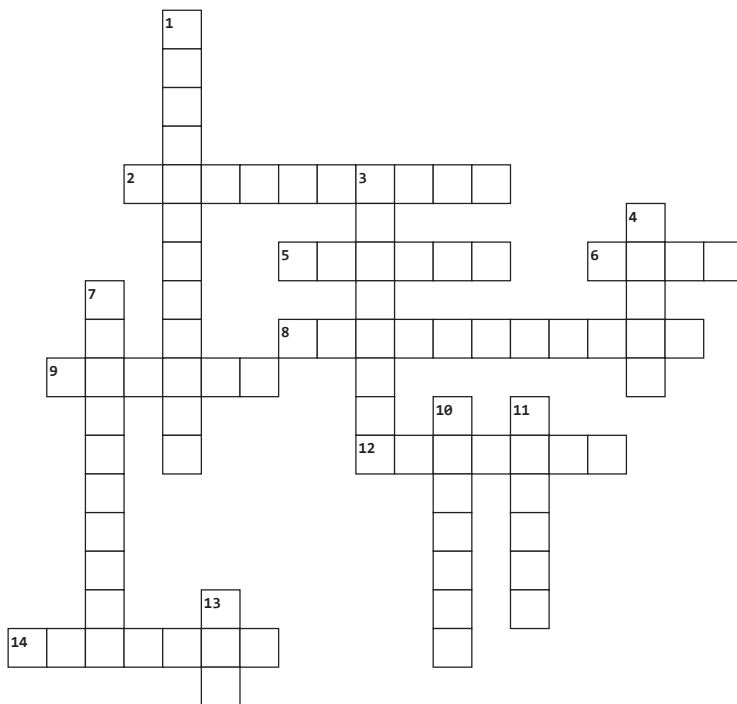
President

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# Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

# June Crossword



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answers or scan  
the QR code for the  
answers

## Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, \_\_\_\_\_ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George \_\_\_\_\_ was first published on June 8, 1949.
12. Charles Blondin crossed \_\_\_\_\_ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

## Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in \_\_\_\_\_, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam \_\_\_\_\_, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis \_\_\_\_\_ celebrates her birthday on June 1.
10. Avril \_\_\_\_\_'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

# The Art of Finding Work: Which Candidate Would You Hire? A or B?

by Nick Kossovan



Speaking from personal experience, a bad hire isn't a good look. The last thing you want is to hear, "Who the hell hired Bob?" and have your hiring judgment questioned.

The job seeker who's empathetic to the employer's side of the hiring desk, which controls the hiring process, is rare.

One of the best things you can do to enhance your job search is to practice perspective-taking, which involves seeing things from a different perspective.

It's natural for employers to find candidates who have empathy and an understanding of their challenges and pain points more attractive. Candidates like these are seen as potential allies rather than individuals only looking out for themselves. Since most job seekers approach employers with a 'what's in it for me' mindset, practicing perspective-taking sets you apart.

"If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own."  
- Henry Ford.

Perspective-taking makes you realize that from an employer's POV hiring is fraught with risks employers want to avoid; thus, you consider what most job seekers don't: How can I present myself as the least risky hiring option?

Here's an exercise that'll help you visualize the employer's side of the hiring process.

### Candidate A or B?

Imagine you're the Director of Customer Service for a regional bank with 85 branches. You're hiring a call centre manager who'll work onsite at the bank's head office, overseeing the bank's 50-seat call centre. In addition to working with the call centre agents, the successful candidate will also interact with other departments, your boss, and members of the C-suite leadership team; in other words, they'll be visible throughout the bank.

The job posting resulted in over 400 applications. The bank's ATS and HR (phone interview vetting, skill assessment testing) selected five candidates, plus an employee referral, for you to interview. You aim to shortlist the six candidates to three, whom you'll interview a second time, and then make a hiring decision. Before scheduling the interviews, which will take place between all your other ongoing responsibilities, you spend five to ten minutes with each candidate's resume and review their respective digital footprint and LinkedIn activity.

In your opinion, which candidate deserves a second interview?

**Candidate A:** Their resume provides quantitative numbers—evidence—of the results they've achieved. (Through enhanced agent training, reduced average handle time from 4:32 minutes to 2:43 minutes, which decreased the abandon rate from 4.6% to 2.2%.)

**Candidate B:** Their resume offers only opinions. ("I'm detail-oriented," "I learn fast.")

**Candidate A:** Looks you in the eye, has a firm handshake, smiles, and exudes confidence.

**Candidate B:** Doesn't look you in the eye, has a weak handshake.

**Candidate A:** Referred by Ariya, who's been with the bank for over 15 years and has a stellar record, having moved up from teller to credit analyst and is tracking to become a Managing Director.

**Candidate B:** Applied online. Based on your knowledge, they did nothing else to make their application

more visible. (e.g., reached out to you or other bank employees)

Candidate A: Well-educated, grew up as a digital native, eager and energetic. Currently manages a 35-seat call center for a mid-size credit union. They mention they called the bank's call centre several times and suggest ways to improve the caller experience.

Candidate B: Has been working in banking for over 25 years, managing the call center at their last bank for 17 years before being laid off eight months ago. They definitely have the experience to run a call centre. However, you have a nagging gut feeling that they're just looking for a place to park themselves until they can afford to retire.

Candidate A: Has a fully completed LinkedIn profile (picture, eye-catching banner) packed with quantifying numbers. It's evident how they were of value to their employers. Recently, they engaged constructively with posts and comments and published a LinkedIn article on managing Generations Y and Z call centre agents. Their Facebook, Instagram, and Twitter/X accounts aren't controversial, sharing between 'Happy Birthday' and 'Congratulations' messages, their love of fine dining, baseball, and gardening.

Candidate B: Their LinkedIn profile is incomplete. The last time they posted on LinkedIn was seven months ago, ranting about how the government's latest interest rate hike will plunge the country into a deep recession. Conspiracy theories abound on their Facebook page.

Candidate A: Notices the golf calendar on your desk, the putter and golf balls in the corner, and a photograph of Phil Mickelson putting on the green jacket at the 2010 Masters hanging on your wall. While nodding towards the picture, they say, "Evidently, you golf. Not being a golfer myself, what made you take up golf, which I understand is a frustrating sport?"

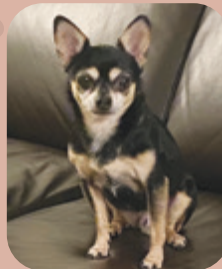
Candidate B: Doesn't proactively engage in small talk. Waits for you to start the interview.

Which of the above candidates presents the least hiring risk? Will likely succeed? Will show your boss, upper management, and employees you know how to hire for competence and fit?

## Cats, Canines, & Critters of Calgary



Bart, Heritage Park



Chico, Shawnessy



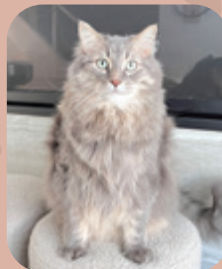
Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



Jagger, Richmond



Millie, North Glenmore Park

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# Can Physiotherapy Help You?

*by Alberta Health Services*

Physiotherapy can provide many benefits for anyone of any age. The goal of this treatment is to make daily tasks and activities easier and can help with recovery after some surgeries. Your healthcare provider may suggest physiotherapy for injuries or long-term health problems such as arthritis or chronic obstructive pulmonary disease (COPD).

Physiotherapy may be used alone or with other treatments. It can help you move better and may relieve pain, along with improving or restoring your physical function and fitness level.

### What Does a Physiotherapist Do?

Your physiotherapist will examine you and talk to you about your symptoms and your daily activity. Your therapist will then work with you on a treatment plan. The goals are to help your joints move better and to restore or increase your flexibility, strength, endurance, coordination, and/or balance.

First, your therapist will try to reduce your pain and swelling. Your physiotherapist also may use manual therapy, education, and techniques such as heat, cold, water, ultrasound, and electrical stimulation.

Physiotherapy almost always includes exercise. It can include stretching, core exercises, weightlifting, and walking. Your physiotherapist may teach you an exercise program so you can do it at home.

Treatment may cause mild soreness or swelling. This is normal but talk to your physiotherapist if it bothers you.

### What Should You Look for in a Physiotherapist?

You'll want a therapist who has experience with your health problem. Some physiotherapists are certified in areas such as orthopedics, sports, and neurology and may offer more specialized care. Physiotherapists can also specialize in certain types of care, such as:

- Back and neck pain
- Cardiac rehabilitation (rehab)
- Wound care
- Cancer-related problems
- Treatment of children or older adults

## When Can Physiotherapy Help?

### Physiotherapy and Recovery from Injury

Physiotherapy can help you recover from an injury and avoid future injury. Your physiotherapist can help you reduce pain in the soft tissues (muscles, tendons, and ligaments), build muscle strength, and improve flexibility, function, and range of motion. They can also evaluate how you do an activity and make suggestions for doing the activity in a way that is less likely to result in an injury.

### Physiotherapy and Chronic Health Conditions

Physiotherapy can help you live more easily with chronic or ongoing health conditions such as spinal stenosis, arthritis, and Parkinson's disease. Your physiotherapist will work with you to establish your goals. Then they will create a program of educational, range-of-motion, strengthening, and endurance activities to meet your needs.

### Physiotherapy and Health Conditions Requiring a Rehabilitation Team Approach

Some conditions involve several body systems and can lead to significant disability. These conditions—such as stroke, spinal cord injury, and major cardiopulmonary (heart and lung) problems—are usually addressed by a team of health professionals through programs such as cardiac rehab and stroke rehab. The team can include doctors; nurses; physiotherapists, occupational therapists, and speech therapists; psychologists; and social workers, among others.

Physiotherapists are a critical part of this team. They address the issues of range of motion, strength, endurance, mobility (walking, going up and down stairs, getting in and out of a bed or chair), and safety. The physiotherapist may also get you the equipment you need, such as a walker or wheelchair, and make sure you can use the equipment appropriately.

### Physiotherapy and Significant Health Conditions of Childhood

Physiotherapists also work with children who have major injuries or health conditions, such as cerebral palsy. They address the usual issues of range of motion, strength, endurance, and mobility. Also, the therapist considers the child's special growth and developmental needs.

Treatment is often provided in school or in a facility just for children. The way physiotherapy and other services are delivered in schools varies among the provinces. Talk to your child's doctor, school, or your local health unit if you think your child may qualify for evaluation or treatment services.



## We Dream in June

*by Garth Paul Ukrainetz*

The month of June can't come too soon  
The saying goes inside the staff rooms  
Most teachers' tanks are running empty  
Low fuel within, they're all teached out

Ignition sequence slowly starting  
Young astronauts awaiting lift off  
Dreaming, gazing out the windows  
The students now in countdown mode

Long year it was for sharpened minds  
10 months of grinding education  
The pencils short, good patience shorter  
Toss learning's shavings to the wind

Yes, summer's here, it's time to fly  
Fold lesson plans like paper airplanes  
Let's rocket launch to outer space  
New frontiers bold beyond the schoolyard

Calgary Public, Calgary Catholic  
Deep down it's true we're all the same  
We dream in June of summer breezes  
That blow the cares of school away



## Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Servings:** 4

### Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

### Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

### Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!



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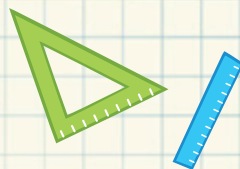
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