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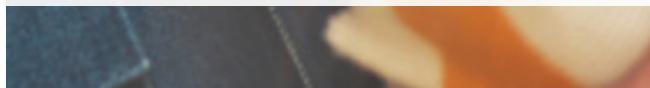


GREENVIEW



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News from the Friends of Nose Hill

by Anne Burke

Nose Hill is an isolated remnant of the upland plain that flanks the Bow River Valley. It also includes side slopes (escarpments) and ravines that cut into the upland plain. Domestic dogs are a major user of Nose Hill Park. The remaining large mammals on Nose Hill are deer and coyotes. Almost one third (31%) of users are dog walkers and many leave their animals unleashed. It was recommended that bird and rare plant inventory be conducted for Nose Hill as a baseline against which impact predictions can be tested. The Park is a grassland-dominated natural area, along the western edge of the Foothills Fescue Natural Subregion, where it abuts the Foothills Parkland Ecoregion. The deciduous forest (aspen and balsam poplar), native (rough fescue) grassland, and tall willow communities are primary foraging and breeding habitats in the Park.

The grass known botanically but popularly as “rough fescue” was adopted as the grass emblem of Alberta. It was designated officially in 2003 due to the efforts of the Prairie Conservation Forum. www.albertapcf.org/. The province has the largest area of rough fescue grassland in the world and is the only place in North America that hosts the plains, foothills, and northern variations. Rough fescue provides excellent year-round forage for wildlife and livestock; and is a symbol of Alberta’s prairie heritage and the need for the conservation of our rich biodiversity of native grasslands.

The City of Calgary has unveiled its new brand as “Blue Sky City.” The provincial shield already features blue skies over a range of snow-capped mountains with green hills, prairie land, and a wheat field in front. The great horned owl, which is a year-round resident, was adopted as Alberta’s official bird, in 1977, after a provincewide children’s vote.

BRAIN GAMES SUDOKU

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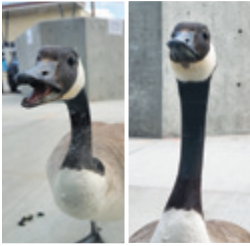


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A Tale of Natural Beauty: Mr. and Mrs. Na'a, Our Nesting Geese at Trinity Hills

by Katelyn Kinsella

Amidst the bustling energy of Trinity Hills in Calgary, Alberta, a heartwarming scene unfolds as we welcome back our cherished guests, Mr. and Mrs. Na'a, the nesting Canadian geese. Nestled in the heart of our community, their presence is a testament to the harmony between urban living and the wonders of nature.

For the second consecutive year, we have been privileged to witness the remarkable journey of Mr. and Mrs. Na'a as they prepare to expand their family right in front of our eyes. Their choice to nest in our midst is a testament to the welcoming spirit of Trinity Hills and the nurturing environment we strive to cultivate.

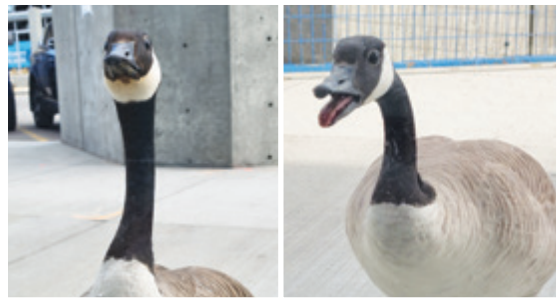
Mrs. Na'a, the devoted matriarch of the pair, tenderly guards her nest, cradling six precious eggs beneath her protective wings. Her unwavering dedication is a reminder of the profound instinctual bond between parent and offspring, a bond that transcends species and speaks to the universal language of love.

As we eagerly anticipate the hatching of their eggs, let us take a moment to appreciate the remarkable nature of these magnificent creatures.

- 1. Community Connection:** Mr. and Mrs. Na'a's presence serves as a gentle reminder of our interconnectedness with the natural world. Their choice to nest in Trinity Hills is a testament to the sense of belonging and safety they find in our community.
- 2. Environmental Guardians:** Canadian geese play a crucial role in maintaining the balance of ecosystems, contributing to the health and vitality of our surroundings. By embracing their presence, we reaffirm our commitment to environmental stewardship and conservation efforts.
- 3. Symbol of Resilience:** Despite the challenges of urban living, Mr. and Mrs. Na'a have found a safe haven amidst the hustle and bustle of Trinity Hills. Their resilience serves as an inspiration to us all, reminding us of the strength and adaptability inherent in nature.

As we eagerly await the arrival of their fluffy goslings, let us celebrate the beauty of this natural spectacle and the sense of wonder it evokes within us. May the presence of Mr. and Mrs. Na'a serve as a beacon of hope and inspiration, guiding us towards a future where humanity and nature thrive in harmony.

In closing, we extend our heartfelt gratitude to Mr. and Mrs. Na'a for gracing Trinity Hills with their presence once again. We are honored to share this journey with them and look forward to welcoming their adorable goslings into our community.



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Dietitians: Essential Partners in Health

by Alberta Health Services

Whether at home, in the community, school, or hospital, dietitians can help at any age and stage of life. Registered dietitians are experts in diet and nutrition that can help you evaluate your diet and create a plan and detailed menu to work with your lifestyle and daily routine. Food and nutrition are a critical part of health, but food is also integral to traditions and celebrations. Dietitians work with you to support your nutritional health and find solutions that factor in taste, culture, budget, and lifestyle.

What Does a Dietitian Do?

Many people have eating habits and relationships with food which are influenced by life events, family, friends, what food is available to them, and the media. As professionals, dietitians help individuals and families navigate food allergies, intolerances, and mealtime struggles which can happen for a variety of reasons. Dietitians help people of all ages reduce the risk of, and treat health conditions like high blood pressure, diabetes, and heart disease.

A dietitian will ask you about your eating habits, suggest strategies and tips, and, most of all, make it fun by suggesting creative recipes and helping you find ways to eat foods you enjoy most.

They can discuss many nutrition-related topics including:

- Healthy eating
- Pregnancy
- Breastfeeding or infant formula
- Feeding your toddler or young child
- Health conditions such as: diabetes, high cholesterol, high triglycerides, kidney disease, celiac disease, irritable bowel disease, irritable bowel syndrome, pancreatitis, cancer, obesity, malnutrition, long-COVID-19
- Eating after discharge from hospital
- Eating after surgery
- Weight gain or loss
- Digestive symptoms such as: Heartburn, constipation, diarrhea, or vomiting

- Nutrition supplements to provide extra protein and calories
- Vitamin and mineral supplements
- Food allergies

Some of the questions dietitians may ask include:

- What times of the day do you usually eat?
- Do you skip meals?
- When do you eat your largest meal of the day?
- Where do you typically eat? At work? At home?
- How do you prepare meals at home? From packaged or fresh foods?
- What are your favourite foods?

How Can an AHS Dietitian Help?

The information below includes resources and services, developed by AHS registered dietitians, that translate the science of nutrition into practical advice and information.

AHS' Nutrition Services develops handouts to provide patients with nutrition education and guidance. These handouts are developed by dietitians along with healthcare professionals and patients to provide up-to-date, evidence-informed information. From heart health or tips on feeding your child, you can find information on over 25 nutrition topics.

Try a workshop or a class! There are free in-person and virtual classes on a variety of topics like eating well for pregnancy, feeding babies, young children, meal planning, virtual grocery store tours, and more. Check it out to learn more about nutrition and the work of dietitians.

Are you a teacher looking for ways to promote nutrition and healthy relationships with food? Public health dietitians have developed lesson plans that align with the Alberta curriculum. There is also information available for Alberta teachers, including promoting healthy relationships with food.

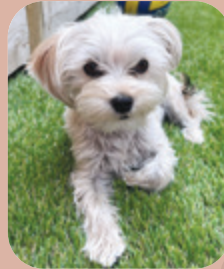
Do you need to talk to someone one on one? There are HealthLink dietitians available for all Albertans. These professionals can respond to a wide variety of nutrition questions and concerns. Call 8-1-1 and ask to speak with a dietitian, or complete a self-referral form.

Nutrition screening is an excellent tool to help older adults remain healthy and strong. Nutrition screening is a set of specific questions about nutrition which can determine if someone is a low, medium, or high risk of developing health problems. Find out how to set up a screening program in your community for older adults or take the nutrition screen yourself!

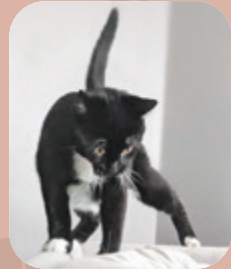
Dietitians are essential partners in health. They hope to enrich lives with specialized food and nutrition knowledge while understanding that food plays an important role in meaning and connection throughout the lifespan.



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Louie, Country Hills



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Sergeant Pepper, Thorncliffe



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Toby, Patterson Heights

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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.

GAMES & PUZZLES

Guess That Artist!

1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
3. Born in 1853, this artist famously cut off his left ear.
4. This artist is one of the most famous American visual artists for his pop art pieces.
5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
6. This Spanish painter and sculptor is best known for his cubism and surrealism.



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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 Îᓂᓂᓂ 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.

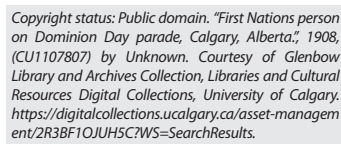
There's been much to debate since, but on this day, take time with those you love to celebrate and give thanks for the peace and prosperity of our federation.

Happy Canada Day!

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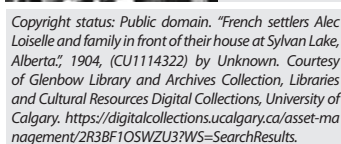
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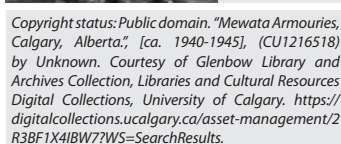
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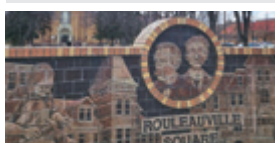
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Rouleauville Square, with St. Mary's Cathedral, April 2024. Photo courtesy of Anthony Imbrogno.



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

Enjoy Off-Leash Dog Parks Safely This Summer

by the City of Calgary

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

Make Sure Your Licence is Up to Date

Make sure that your dog is wearing its licence tag and that the licence 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

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



Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To license your dog before you head out to the park, visit calgary.ca/pets/licences.

Ribbit

Frogs are amazing creatures! Though they have lungs that allow them to breathe just like humans, they are also able to absorb water and respire through their skin! It is quite permeable, so as long as oxygen levels in the water don't get too low, frogs can breathe on land and underwater!



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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:

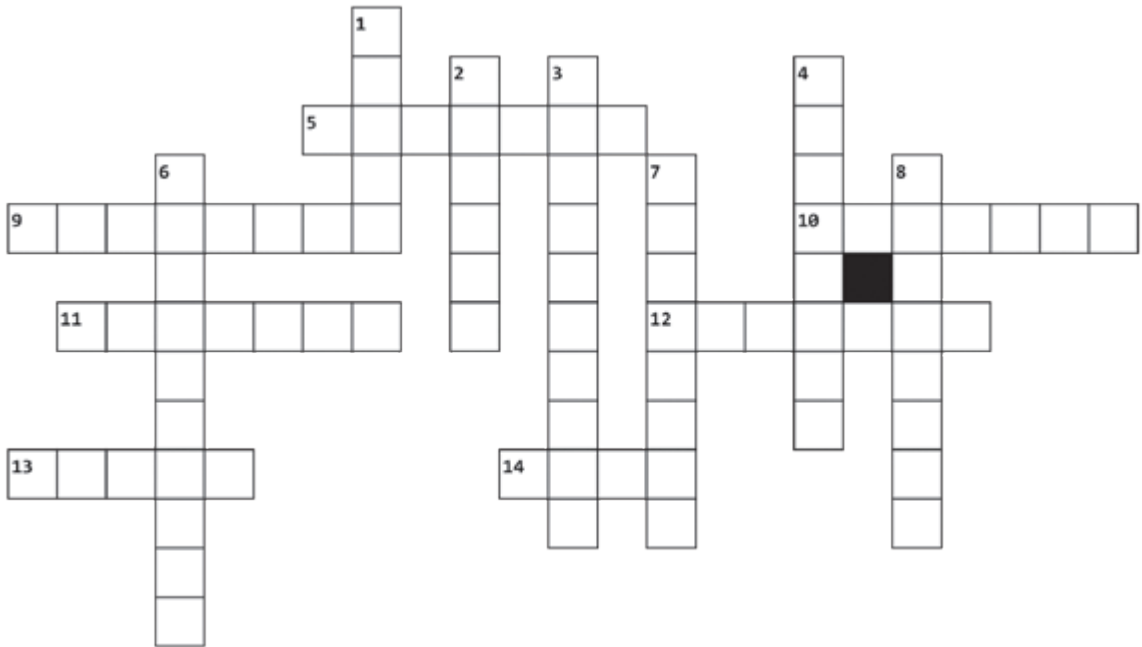
- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.

- 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!



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.



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Father's Day

Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?



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