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**Councillor Sharp, Sonya**  
**Ward 1 Office**  
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Calgary, AB, Canada T2P 2M5  
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## JOKE OF THE MONTH

WHY DID THE GOLFER  
BRING TWO PAIRS  
OF PANTS?

IN CASE HE GOT A  
HOLE IN ONE.

### SCAN HERE TO VIEW ADDITIONAL TUSCANY CONTENT

|  |   |  |
|--|---|--|
| <b>News, Events,<br/>&amp; More</b><br> | <b>Crime<br/>Statistics</b><br> | <b>Real Estate<br/>Statistics</b><br> |
|--|---|--|

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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!



# Recognizing and Managing Fatigue

by Alberta Health Services



Fatigue is a feeling of physical and/or mental tiredness or exhaustion that impacts your ability to perform at your best. You may feel fatigued because of overwork, poor sleep, worry, boredom, or lack of exercise. Any illness may cause fatigue and it usually goes away as the illness clears up. Most of the time, mild fatigue occurs with a health problem that will improve with home treatment and doesn't usually require a visit to a doctor.

Nearly everyone struggles with being overtired from time to time. Fatigue can be influenced by extended work hours, tough physical or mental activities, and loss of sleep.

Chronic fatigue is a constant state of weariness that develops over time and reduces your energy and mental capacity. Chronic fatigue can impact your emotional and psychological well-being.

### Causes of Fatigue

Fatigue can be linked to your habits and routines, which can include:

- Sleep disturbances (e.g. snoring, night sweats, and loud noises)
- Home environment (e.g. window shades, bed surfaces, room temperatures, etc.)
- Level of support (e.g. peer support, family support, etc.)
- Too little or too much exercise
- Dehydration
- Medication
- Alcohol, caffeine, or drug use

Fatigue can impact your health, safety, and productivity at work and in life. In some cases, fatigue is a symptom of an underlying medical problem that requires medical treatment. Remember to reach out to a medical professional when needed.

Fatigue and getting good quality sleep are an important part of maintaining your health and wellness. But how do you know if you are feeling the impacts of fatigue?

### Symptoms of Fatigue

The feelings associated with fatigue can be broken into three categories: physical, mental, and emotional. Being mindful of how you experience fatigue can help you understand how to address it.

#### Physical Signs:

- Yawning
- Drooping eyes
- Rubbing of eyes
- Head dropping
- Digestive problems

#### Mental Signs:

- Difficulty concentrating on tasks
- Lapses in attention
- Difficulty remembering tasks being performed
- Unable to communicate important information
- Failure to anticipate events or actions
- Accidentally doing the wrong thing

#### Emotional Signs:

- Quieter or more withdrawn than usual
- Lack of energy
- Lack of motivation to perform tasks

Being proactive and taking care of your health and wellness can help mitigate the risks associated with fatigue. Getting quality sleep – and enough of it – is an important way to manage fatigue.

### Tips for a Good Night's Sleep

Sleep is an important part of maintaining your health and wellness. Not getting enough sleep can lead to feelings of fatigue, low alertness, negative mood, lengthier response times, and diminished attention and memory. Over long periods of time, not getting enough sleep can negatively impact health and has been linked to the development of chronic diseases including obesity, Type 2 diabetes, cardiovascular disease, and depression.

There are many things that can be done to improve your ability to sleep. Build healthy sleep patterns by:

- **Routines:** establish a pre-bedtime routine that includes quiet relaxing activities. Go to bed and get up at the same time every day.
- **Quiet:** reduce the amount of noise. White noise or earplugs are good options if the room is not quiet enough.
- **Cool:** ensure your room is the right temperature. The body typically sleeps best when the environment is between 18 and 22 degrees Celsius.
- **Dark:** block out as much light as possible. Darker rooms tend to encourage deeper and prolonged sleep.
- **Nutrition:** eat at regular intervals and consume a balanced diet.
- **Minimize distractions:** use your bed primarily for sleeping. Try not to watch television, play on electronics, or consume screen time in excess before bedtime.
- **Caffeine:** minimize caffeine intake prior to sleep. Caffeine acts as a stimulant and can last for up to six hours after consumption.
- **Stress free:** try to reduce stress before sleeping.

Make sleep a priority and allow yourself enough time to get the sleep you need!

### **What to Do If You Are Experiencing Prolonged Fatigue?**

Fatigue that lasts longer than two weeks usually requires a visit to a doctor. This type may be caused by a more serious health problem, such as:

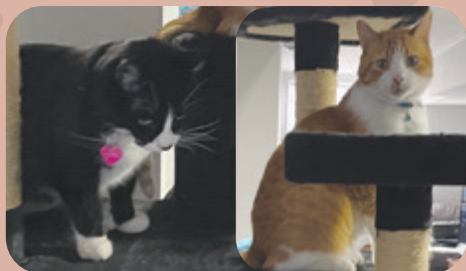
- A decrease in the amount of the substance that carries oxygen in red blood cells (anaemia).
- Problems with the heart, such as coronary artery disease or heart failure.
- Metabolic disorders, such as diabetes.
- Problems with the thyroid gland. It regulates the way the body uses energy.
- Kidney disease and liver disease.

Fatigue is a common symptom of mental health problems, such as anxiety or depression. If you think that your fatigue may be caused by a mental health problem, see your doctor.

## **Cats, Canines, & Critters of Calgary**



*Leo and Toby, Coach Hill Patterson Heights*



*Oreo and G, Thorncliffe*



*Riley and Ozzy, Coach Hill*



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To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

### The Many Faces of Canada

by Danielle Robbertze

*"My dream is for people around the world to look up and to see Canada like a little jewel sitting at the top of the continent." – Tommy Douglas*

July 1, 1867, marks the day the British North America Act was decreed which set the way for the celebration of Canada Day. As an immigrant of Canada, it is always such a delight to see the diversity in culture, race, religion, and ethnicity being celebrated. I understand, as with any country, there is always room for improvement in establishing a truly democrat, equal society. However, I feel Canada is often a leader in this regard and an exemplary example of equity, diversity, and national pride.

Canada is not represented by only one face but by many. It is important to honour those who first called Canada home. The First Nations, Métis, and Inuit peoples have overcome significant adversity to shape the foundation of this beautiful country. Never giving up, they continue to impart their important cultural contributions all over the nation.

Canada is one of the most welcoming nations, with over 8 million immigrants according to 2021 statistics. This means that nearly one-quarter of Canada's population consists of immigrants or former immigrants (who have now obtained citizenship). Immigrants help shape the diverse fabric of Canada, contributing positively to its multiculturalism and fostering a culture of acceptance for all people.



Canadian citizens cannot be defined by just one race, ethnicity, or culture and this is something I find so fascinating and which I hope others do too. Throughout the year, there are so many festivals and gatherings that celebrate the diversity of Canada, and I know this will be no different on July 1.

Happy Canada Day to everyone who calls this wonderful jewel of a country home.

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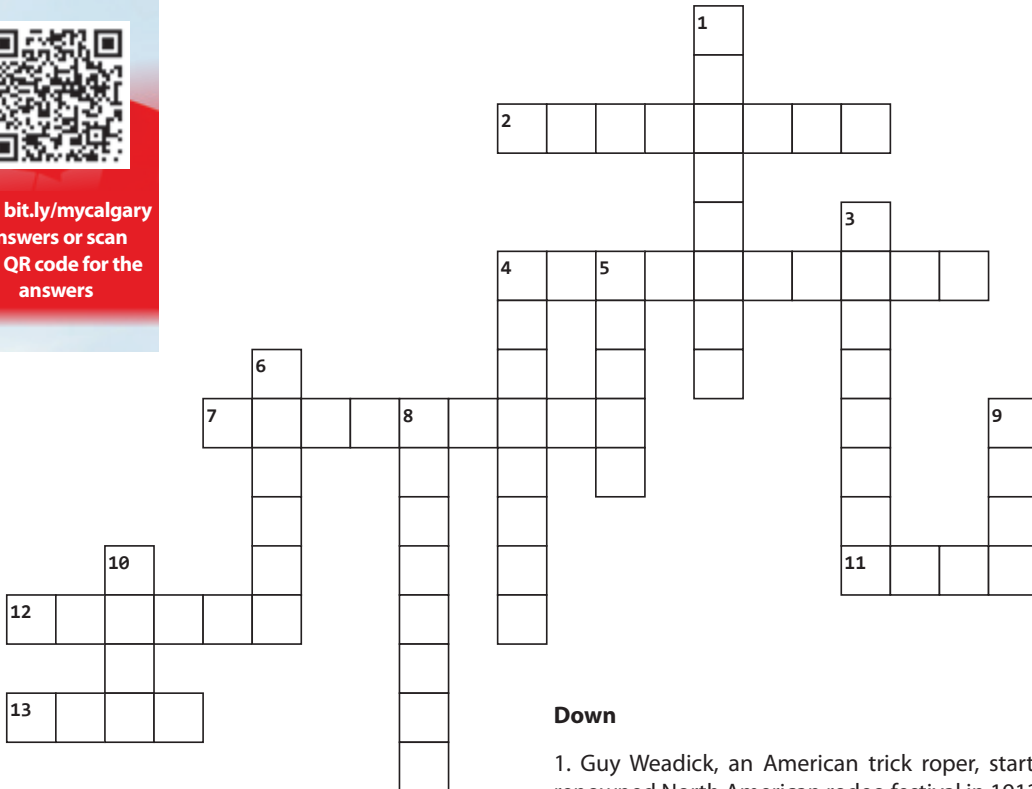
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# July Crossword



Visit [bit.ly/mycalgary](http://bit.ly/mycalgary) answers or scan the QR code for the answers



## 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.

# Know the signs of STROKE

**F**

**Face**

is it drooping?

**A**

**Arms**

can you raise both?

**S**

**Speech**

is it slurred or jumbled?

**T**

**Time**

to call 9-1-1

**Beat stroke**

**Call 9-1-1 FAST**

[heartandstroke.ca/FAST](https://heartandstroke.ca/FAST)

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Hello, Ward 1!

Summer is officially here. It was great to see so many of you at Neighbour Day events in June, and I'm looking forward to meeting more of you at Calgary Stampede events in our community.

### Property Tax Reminder

A reminder that June 28 was the deadline for the payment of property taxes unless you participate in the TIPP program. Due to delays at the land titles office, some owners of recently acquired properties may not have received their tax bills on time. If you have not received your bill, call 3-1-1 for a statement of account.

### Free Summer Activities

The City of Calgary offers a variety of free activities and programs for families across our city throughout the year, but they're especially popular during the summer months. There are events and programs for all ages. Find out what's happening near you at [calgary.ca/free](http://calgary.ca/free).

### Flood and Drought Conditions

May 15 until July 15 is flood season in Calgary. The City offers an e-newsletter for the latest information on river conditions including tips and resources. Sign up and learn more at [calgary.ca/flood](http://calgary.ca/flood).

Both flooding and drought are concerns in our city's climate. Thanks once again to everyone taking steps to conserve water. Reducing water consumption year-round helps protect our drinking water supply. Learn more at [calgary.ca/drought](http://calgary.ca/drought).

### Mowing in Public Spaces

The City offers different levels of lawn maintenance for different spaces depending on how they are used. Sports fields might have more than 20 mowing cycles per season, while small parks may have seven to ten, and major boulevards about four. Wet weather makes the soil soft and can lead to heavy equipment sinking into the ground, leading to delays.

Concerns about parks maintenance can be reported by calling 3-1-1 or visiting [calgary.ca/311](http://calgary.ca/311).

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.





## GAMES & PUZZLES

### Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The \_\_\_\_\_ plant produces only one fruit per plant at a time.



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## Yahoo Cowtown!



Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!



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## Oh Kanata!

The name “Canada” comes from “Kanata”, a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



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*The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)*

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