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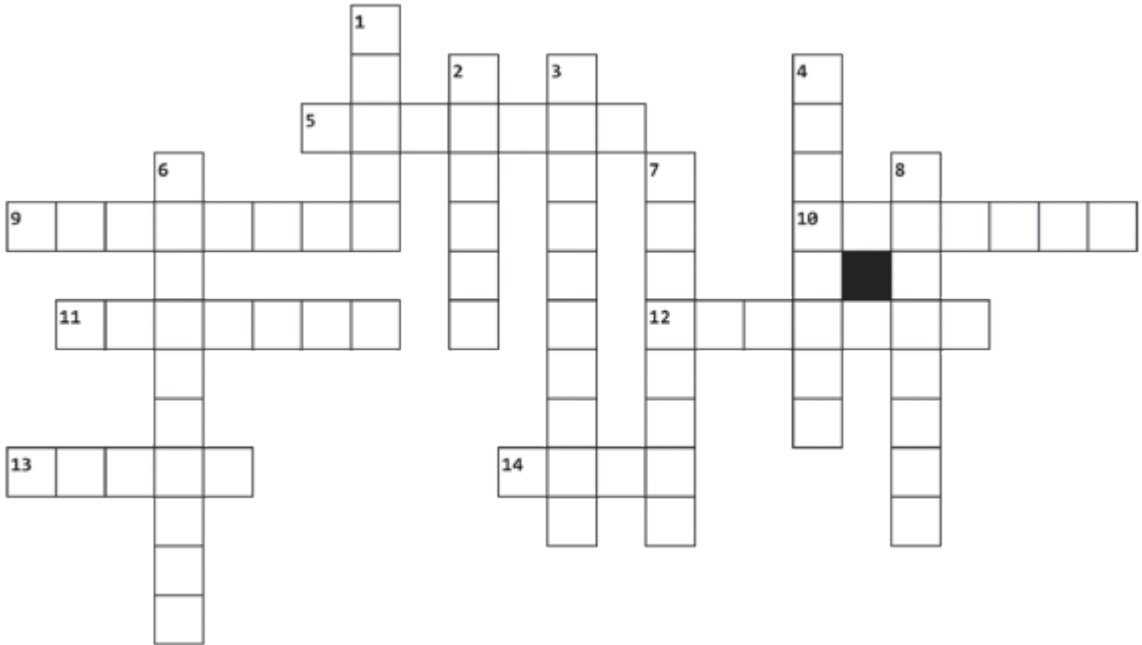
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June Crossword

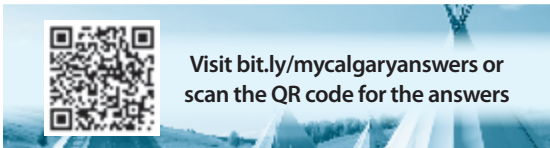


Across

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.





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DRAGON BOAT FESTIVAL DAY



Also known as Duanwu Jie, this Chinese festival occurs on the fifth day of the fifth lunar month, which is June 10 this year. The best way to celebrate this day is by eating sticky rice dumplings and either watching or participating in a dragon boat race; these impressive boats hold up to 90 people, including a drummer who sets the pace and keeps morale up!

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FOR THE SOLUTION



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.

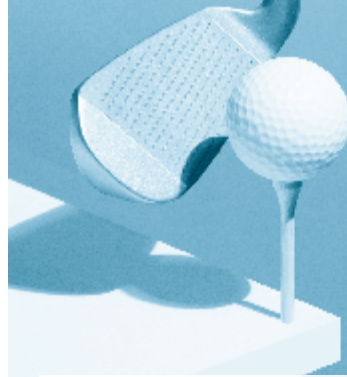


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One Pan Chicken Fajitas

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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Joke of the Month

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December	23	1	2	\$949,300	\$914,750
November	23	3	2	\$1,224,000	\$1,190,000
October	23	2	2	\$1,286,500	\$1,276,500
September	23	8	2	\$1,444,950	\$1,430,500
August	23	3	1	\$2,270,000	\$2,150,000
July	23	3	7	\$1,649,000	\$1,600,000
June	23	9	4	\$1,835,000	\$1,800,000
May	23	6	7	\$1,425,000	\$1,410,000

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