



What's Happening at Westside

August 2019

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Saskatoon, SK
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West Dental
306-384-6363



Monday 9-12 1-9
Tuesday 9-12 1-9
Wednesday 9-12 1:30-9
Thursday 9-12 1-9
Friday 9-12 1-9
Saturday 9-12 1-5
Sunday 9-12 1-5
CLOSED STATUTORY HOLIDAYS

SWITCH Summer Hours
Wednesday 5:30—8 pm



**Westside Pharmacy
New Hours**
Monday—Friday
9:30 am to 12:15 pm
1:00 to 5:30pm
Saturday & Sunday
11:00—4:00 pm
**CLOSED
STATUTORY
HOLIDAYS**

Services offered here at Westside

Services by Doctors, Nurse Practitioner, Nurse, Physical Therapist, Occupational Therapist, Aboriginal Outreach Workers and Aboriginal Counsellors. **Pharmacy located on site at Westside.** Group Programs to help you live a healthier and less stressful life. Lab tests, like pregnancy tests and testing for HIV, and STIs. Help with contacting other agencies. Referrals to specialists and other health care providers. Visiting specialists from Infectious Diseases, Psychiatry, Obstetrics and Gynecology. We have X-ray services at our downtown clinic, Saskatoon Community Clinic 455 2nd Avenue North.

Beef and Rice
Kebabs
Recipe on page 3



**Westside Clinic and Pharmacy
Will be CLOSED
On Monday, August 5**



**Westside Clinic Now has
Physical Therapy Services
available on some evenings and
weekends.**

Pathways to Wellness

Will be operating on Tuesday's
during the summer from 10 am—
12:30 pm
NO Childcare Available
Snacks provided

A safe and supportive
education program focused on
well-being and recovery.



*Don't be fooled by the calendar.
There are only as many days as
you can make use of.*

-Richard Charles

August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	2 Westside Clinic Extended Hours 9-5	3 Westside Clinic Extended Hours 9-5 NO SWITCH
4 Westside Clinic Extended Hours 9-5	5 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9 NO SWITCH	6 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Learning Assertive Communication Westside Clinic Extended Hours 5-9	7 SWITCH 5:30 - 8 PM SWITCH Kids: A Night at the Museum (continued) with Jackie Westside Clinic Extended Hours 5-9 TAX CLINIC 6-8 pm	8 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	9 Westside Clinic Extended Hours 9-5	10 Westside Clinic Extended Hours 9-5 NO SWITCH
11 Westside Clinic Extended Hours 9-5	12 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9 NO SWITCH	13 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Inner Child Westside Clinic Extended Hours 5-9	14 SWITCH 5:30 - 8 PM SWITCH Kids: Movie Night READ Saskatoon Info with Kara- lee Westside Clinic Extended Hours 5-9 TAX CLINIC 6-8 pm	15 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	16 Westside Clinic Extended Hours 9-5	17 Westside Clinic Extended Hours 9-5 NO SWITCH
18 Westside Clinic Extended Hours 9-5	19 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9 NO SWITCH	20 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Healing From Trauma Westside Clinic Extended Hours 5-9	21 SWITCH 5:30 - 8 PM SWITCH Kids: Science with Zoé Self Defense with Vic Westside Clinic Extended Hours 5-9 TAX CLINIC 6-8 pm	22 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	23 Westside Clinic Extended Hours 9-5	24 Westside Clinic Extended Hours 9-5 NO SWITCH
25 Westside Clinic Extended Hours 9-5	26 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9 NO SWITCH	27 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM PATHWAYS TO WELLNESS 10 am – 12:15 pm Laughter and Celebration Westside Clinic Extended Hours 5-9	28 SWITCH 5:30 - 8 PM SWITCH Kids: Letters to Pen Pals Electronic Medical Records Access Westside Clinic Extended Hours 5-9 TAX CLINIC 6-8 pm	29 Fitness, Food & Fun 10 am -12 noon Westside Clinic Extended Hours 5-9	30 Westside Clinic Extended Hours 9-5	31 Westside Clinic Extended Hours 9-5 NO SWITCH

This recipe is featured in :
[/www.unlockfood.ca/](http://www.unlockfood.ca/)

Beef and Rice Kebabs



TIP: Try using tzatziki sauce instead of plain yogurt for bigger flavour.

You can bake the kebabs and then keep them in an airtight container in the freezer for up to 1 week. Then thaw and warm them up to serve them for lunch.



Chimichurri

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Makes 12 kebabs

Ingredients

- 1 egg
- 2 tbsp. (30 ml) Chimichurri sauce (recipe included)
- 1 small onion grated
- 2 cloves garlic minced
- 2 tbsp. (30 ml) chopped fresh cilantro
- 1/4 tsp (1 ml) salt and pepper
- 1 lb(454 g) lean ground beef
- 1/2 cup (125 ml) cooked and cooled brown rice
- 3 whole wheat pita breads, cut in half
- 1/2 cup (124 ml) plain yogurt (see tip)
- 1 cup shredded lettuce
- 1/3 cup (75 ml) shredded marble cheese

Directions

1. In a large bowl, stir together egg, chimichurri sauce, onion, garlic, cilantro, salt and pepper. With your hands mix together until ingredients are spread evenly throughout.
2. Divide mixture into 12 balls and shape into 3 inch (7.5 cm) logs.
3. Place on parchment paper lined baking sheet and bake in 350 °F (180 °C) oven for about 15 minutes or until no longer pink inside. Let cool slightly.
4. Open Pita halves and spread with yogurt.
5. Add some lettuce to each and place two kebabs into each pita.
6. Sprinkle with cheese to serve.

Chimichurri Sauce

1/2 (125 ml) cup olive oil

2 tbsp.(30 ml) red wine vinegar

1/2 cup (125 ml) chopped parsley

3-4 cloves garlic, finely chopped

2 small red chilies or 1 red chili deseeded , finely chopped (about 1 tbsp.) or use 1 tsp. dried red pepper for a lighter less spicy version.

3/4 tsp dried oregano

1 level tsp coarse salt

1/2 tsp pepper

1. Mix all ingredients together in a bowl. Allow to sit for 5– 10 minutes to release all of the flavours into the oil before using. Ideally let it sit for 2 hrs if time permits.
2. Can refrigerate up 24 hrs.

Across

- 1. Inlet at the shore
- 5. Attention-getting sounds
- 10. Open, but just
- 14. Dedicatory poems
- 15. Buick fit for a king?
- 16. Closeout, e.g.
- 17. READY
- 20. Coastal flier
- 21. 1969 World Series champs
- 22. In need of laundering
- 23. Storage compartments
- 24. Reduce to carbon
- 25. Blue shade
- 28. It may be followed
- 29. Part of a dehumidifier
- 32. One might stand up in court
- 33. Livestock abode
- 34. Davenport
- 35. AIM
- 38. Family follower
- 39. Something that smells?
- 40. "Keep your ____ the ball!"
- 41. Two of nine?
- 42. Its password was Mickey Mouse
- 43. How Yul Brynner acted?
- 44. "They ____ With Their Boots On" (1941)
- 45. Baldwin's center
- 46. More in need
- 49. Like an academic point
- 50. Ginger adjunct
- 53. FIRE
- 56. Enjoys brandy
- 57. Like a graveyard at mid-night
- 58. Sacrum or radius
- 59. Attempt at a carnival booth
- 60. Word with folk or tap
- 61. Several bits

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46	47	48					49					50	51	52
53							54				55			
56						57					58			
59						60					61			

DOWN

- 1. Overcome difficulties
- 2. Redolence
- 3. Ore deposit
- 4. Ending for heir or steward
- 5. Impassioned
- 6. Tests the weight
- 7. They cause swelling of the head
- 8. Make a dent in
- 9. Cutting, as prices
- 10. Not inactive
- 11. Place to hear crime stories
- 12. Lily family relative
- 13. Tear apart
- 18. Martin Sheen's son
- 19. Paint unit
- 23. " ____ Day Out" (1994)
- 24. Irene, Marie or Pierre
- 25. Social class
- 26. Vegetable oil component
- 27. Sinks one's teeth into
- 28. Irreverent
- 29. Watched the birdie
- 30. " ____ and his money ..."
- 31. Many a pram pusher
- 33. Expansive
- 34. Arrange hair
- 36. Half-starved
- 37. Fireplace floor
- 42. Nutritional Regimen

- 43. Knitted shoe
- 44. Smelting residue
- 45. Word with strip or book
- 46. Subdued attention getter
- 47. Part of B&O
- 48. "Sorry 'bout that!"
- 49. Early hours, poetically
- 50. Nautical salute
- 51. Pocket fluff
- 52. Blunt sword
- 54. Stephen of "The Crying Game"
- 55. Partner of flow

Puzzle Solution © OnlineCrosswords.net

C	O	V	E		A	H	E	M	S		A	J	A	R
O	D	E	S		R	E	G	A	L		S	A	L	E
P	O	I	S	E	D	F	O	R	A	C	T	I	O	N
E	R	N		M	E	T	S		S	O	I	L	E	D
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C	O	B	A	L	T		S	U	I	T		P	A	N
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S	E	T	Y	O	U	R	S	I	G	H	T	S	O	N
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T	O	S	S		D	A	N	C	E		B	Y	T	E