



# What's Happening at Westside

## January 2020

1528 20th Street West  
Saskatoon, SK  
S7M 0Z6  
Phone 306-664-4310  
FAX 306-934-2506  
SWITCH Phone:  
306-956-2518

## Happy New Year

January 1 2020  
Clinic Closed  
All Day

SWITCH  
Closed from  
December 21 to  
January 6

West Dental  
Downstairs  
306-384-6363  
Closed December 24 @ 2 PM  
Opens On January 2nd

### 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.



### One Pot Sausage and Sun Dried Tomato Pasta

Recipe on Page 3



**Monday 9:00 -12 & 1—9**  
Tuesday 9:00—12 & 1—9  
Wednesday 9:00—12 &  
1:30—9  
Thursday 9:00—12 & 1—9  
Friday 9:00—12 & 1—9  
Saturday 9-5  
Sunday 9-5  
Closed all Statutory Holidays

### SWITCH Hours

Monday 5:30—8 pm  
Wednesday 5:30—8 pm  
Saturday 12:30—3 pm

**Saskatoon Community Clinic  
Westside Pharmacy**  
Everyone is Welcome  
Located at the back  
of the clinic.  
**Phone: 306-986-2906**  
**Monday—Friday's**  
9:15 am 12:15 pm  
1—5:30pm  
Saturday's 11 am —4pm



"Tomorrow is the first blank page of a 365-page note book.  
Write a good one." — Brad Paisley

# January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Clinic Closed 	<b>2</b> Clinic Resumes Normal Hours  Westside Clinic Extended Hours 5-9	<b>3</b> Westside Clinic Extended Hours 5-9	<b>11</b> Westside Clinic Extended Hours 9-5  NO SWITCH
<b>5</b> Westside Clinic Extended Hours 9-5	<b>6</b> Fitness, Food & Fun 10 am -12 noon  SWITCH 5:30 - 8 PM  Westside Clinic Extended Hours 5-9	<b>7</b> Fitness, Food & Fun 10 am -12 noon  Baby Immunization Clinic 1- 4 PM  Westside Clinic Extended Hours 5-9	<b>8</b> SWITCH 5:30 - 8 PM  Westside Clinic Extended Hours 5-9	<b>9</b> Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	<b>10</b> Westside Clinic Extended Hours 5-9	<b>11</b> Westside Clinic Extended Hours 9-5  SWITCH 12:30—3 pm
<b>12</b> Westside Clinic Extended Hours 9-5	<b>13</b> Fitness, Food & Fun 10 am -12 noon  SWITCH 5:30 - 8 PM  Westside Clinic Extended Hours 5-9	<b>14</b> Fitness, Food & Fun 10 am -12 noon  Baby Immunization Clinic 1- 4 PM  Westside Clinic Extended Hours 5-9	<b>15</b> SWITCH 5:30 - 8 PM  Westside Clinic Extended Hours 5-9	<b>16</b> Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	<b>17</b> Westside Clinic Extended Hours 5-9	<b>11</b> Westside Clinic Extended Hours 9-5  SWITCH 12:30—3 pm
<b>19</b> Westside Clinic Extended Hours 9-5	<b>20</b> Fitness, Food & Fun 10 am -12 noon  SWITCH 5:30 - 8 PM  Westside Clinic Extended Hours 5-9	<b>21</b> Fitness, Food & Fun 10 am -12 noon  Baby Immunization Clinic 1- 4 PM  Westside Clinic Extended Hours 5-9	<b>22</b> SWITCH 5:30 - 8 PM  Westside Clinic Extended Hours 5-9	<b>23</b> Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	<b>24</b> Westside Clinic Extended Hours 5-9	<b>11</b> Westside Clinic Extended Hours 9-5  SWITCH 12:30—3 pm
<b>26</b> Westside Clinic Extended Hours 9-5	<b>27</b> Fitness, Food & Fun 10 am -12 noon  SWITCH 5:30 - 8 PM  Westside Clinic Extended Hours 5-9	<b>28</b> Fitness, Food & Fun 10 am -12 noon  Baby Immunization Clinic 1- 4 PM  Westside Clinic Extended Hours 5-9	<b>29</b> SWITCH 5:30 - 8 PM  Westside Clinic Extended Hours 5-9	<b>30</b> Fitness, Food & Fun 10 am -12 noon  Westside Clinic Extended Hours 5-9	<b>31</b> Westside Clinic Extended Hours 5-9	

# One Pot Sausage and Sun Dried Tomato Pasta

This One Pot Sausage and Sun Dried Tomato Pasta cooks quickly and in one skillet

so that no flavor is lost! Make dinner fast, easy, and delicious.

5 mins 25 mins 30 mins

Easy Dinner, Pantry Recipe, Quick Recipe

\$5.58 recipe / \$1.40 serving 4 Beth - Budget Bytes

Prep Time 5 minutes. Cook Time 25 minutes Total Time 30 minutes

Total Cost: \$5.58.\$1.40 per serving Servings: 4

Author: Beth-Budget Bytes

## Ingredients

8 oz sweet Italian sausage \$2.00  
1 Tbsp olive oil \$0.13  
2 cloves garlic, minced \$0.16  
1/2 lb. frozen broccoli florets \$0.85  
2 cups chicken broth\* \$0.28  
1/3 cup sun dried tomatoes \$1.00  
8 oz. pasta (any small shape\*\*) \$0.80  
Pinch of red pepper (optional) \$0.02  
1/4 cup grated Parmesan \$0.41



## Instructions

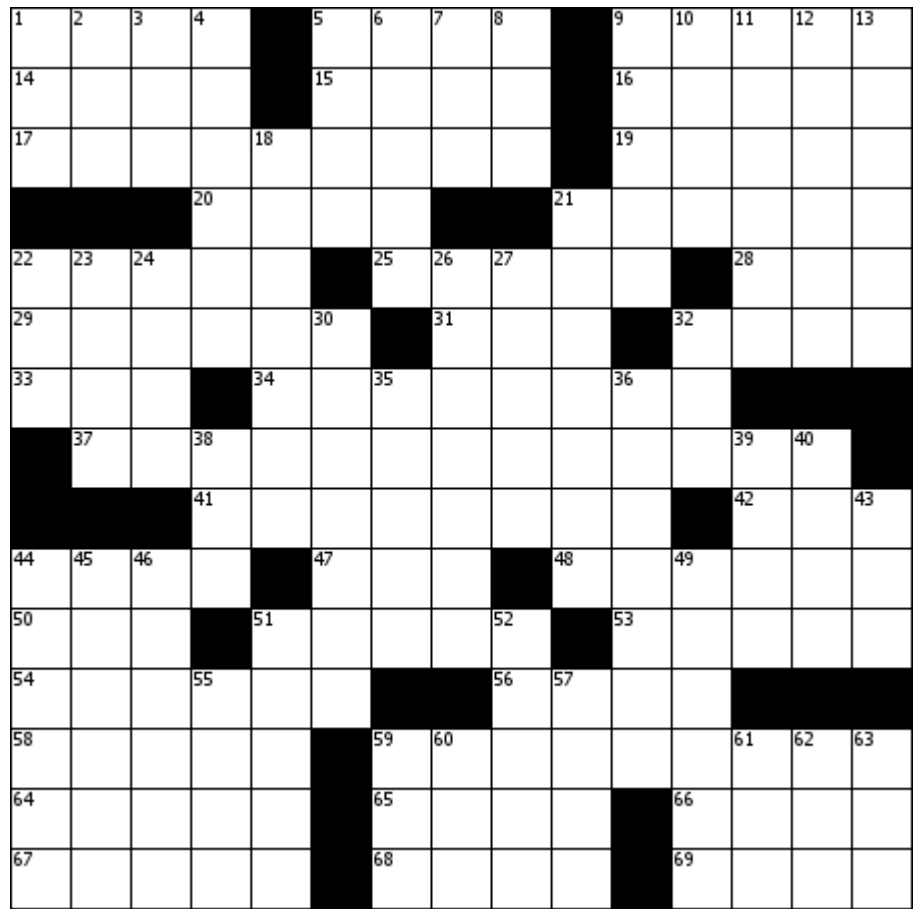
1. Add the olive oil and sausage to the skillet and cook over medium heat until browned. If using links, cook them until browned on the outside and firm enough to slice, then slice into medallions, return to the skillet, and brown on both sides. Transfer the cooked sausage to a clean bowl and drain off all but about 1 Tbsp. fat from skillet.
2. Add the minced garlic and frozen broccoli florets to the skillet. Sauté over medium heat for 3-5 minutes, or just until the broccoli is bright green and no longer frozen. Transfer the broccoli florets to the bowl with the sausage.
3. Add the chicken broth to the skillet and stir or whisk to dissolve the browned bits off the bottom of the skillet. Slice the sun dried tomatoes into strips and add them to the broth with the pasta and a pinch of red pepper flakes. Stir, place a lid on top, and turn the heat up to medium high. When the broth begins to boil, give the skillet a quick stir, replace the lid, and turn the heat down to low or just above low so that the broth maintains a simmer.
4. Simmer the pasta and sun dried tomatoes for about 7 minutes, stirring every couple of minutes, or until the pasta is tender and most of the liquid is absorbed. If the pasta becomes tender before all the broth has been absorbed, simply let it simmer for the last couple of minutes without the lid.
5. Once the pasta is tender and only a small amount of thickened liquid remains in the bottom of the skillet, add the cooked sausage and broccoli back to the pasta. Stir to combine and sprinkle the grated Parmesan over top. Serve immediately.

## Notes

- \*I use Better Than Bouillon concentrate to make my broth

## Across

- **1.** "The Black Camel" gumshoe
- **5.** Gulf of California peninsula
- **9.** Merit award
- **14.** White hat wearer
- **15.** Spanish pot
- **16.** Goodbye in Gascony
- **17.** New York state motto ("ever upward")
- **19.** Plexus starter
- **20.** "Hercules" spin-off
- **21.** Calm
- **22.** Dark brown
- **25.** "From \_\_\_\_ shining ..."
- **28.** Shatner's war
- **29.** High pt. in Sicily
- **31.** The King's real first name
- **32.** Hindu sacred text
- **33.** Expos' ending
- **34.** Wide-screen movie process
- **37.** U.S. motto
- **41.** Flowed copiously
- **42.** "Blame It On \_\_\_\_" (Caine film)
- **44.** Board game implement?
- **47.** Whole shebang
- **48.** High-class
- **50.** "Now \_\_\_\_ seen everything!"
- **51.** Window alternative
- **53.** First name in photography
- **54.** Legendary French knight
- **56.** Try to tan
- **58.** Topper
- **59.** Montana motto ("gold and silver")
- **64.** "Beau \_\_\_\_"
- **65.** First-rate
- **66.** Company VIP
- **67.** Which cheek to turn?
- **68.** Custodian's need



## Down

- **1.** Fidel's compadre
- **2.** Bewitch
- **3.** \_\_\_\_ de Triomphe
- **4.** Play by Jean-Paul Sartre
- **5.** Cap'n's mate
- **6.** False ID
- **7.** Celeb in the news
- **8.** Bern's river
- **9.** Ezio Pinza, for one
- **10.** Big commotions
- **11.** Thin
- **12.** Ready (with "up")
- **13.** California motto ("I have found it!")
- **18.** Request to a butcher
- **21.** Some library tomes
- **22.** School of Mustangs
- **23.** Raison d'\_\_\_\_
- **24.** Use a chink
- **26.** Size up
- **27.** Gold, chemically speaking
- **30.** Reason to take shelter
- **32.** Rental unit
- **35.** First name in physics
- **36.** Stinging nest builder
- **38.** WWII landing craft
- **39.** Sizable servers
- **40.** Nichols or Wallace
- **43.** Olive family name
- **44.** Maine motto ("I direct")
- **45.** Long-legged shore bird
- **46.** Frank topping
- **49.** Leg ornament
- **51.** Ruffle one's feathers
- **52.** Wood from Sri Lanka
- **55.** Fixed bet
- **57.** Verbal salutes
- **59.** Bookshelf wood, perhaps
- **60.** Expensive eggs?
- **61.** Log splitter
- **62.** Cowhand's nickname
- **63.** Don't hesitate

Puzzle Solution © OnlineCrosswords.net

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