



A P R I L



Spring Has Sprung

Happy April Everyone!

"With the coming of spring, I am calm again."

- Gustav Mahler.

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8 Historical Events That Occurred in April

1. The Revolutionary War began on April 19th 1775
2. George Washington was inaugurated on April 30, 1789
3. The Titanic Sank on April 15, 1912
4. Queen Elizabeth II was born on April 21, 1926
5. Twinkies hit the market on April 6, 1930
6. Elvis Presley's first hit record "Heartbreak Hotel" reaches #1 on April 21, 1956
7. The Sound of Music was released on April 1, 1965
8. America's first astronauts were announced on April 9, 1959

WHAT'S IN SEASON?

A GUIDE TO EATING IN APRIL

ASPARAGUS

April is peak asparagus season! Roast, grill, steam, or boil them. They are great with salmon, steak, chicken and shrimp.



ARTICHOKE

Look for artichokes that feel heavy when you pick them up, and whose petals (leaves) haven't opened wide.



MUSHROOMS

Mushrooms pair well with garlic, shallots, olive oil, pepper, dry red wine and herbs like flat-leaf parsley, chives, rosemary, tarragon and thyme.



SPRING PEAS

Treat yourself to a handful of fresh snap peas, sear them and toss them with olive oil and mint.



LEEKs

Sand and dirt have a way of getting lodged in leeks, so make sure you clean leeks well before using them in recipes.



EARTH DAY

April 22, 2022 marks the annual celebration of Earth Day. On this day people around the world show their support for the importance of environmental protection. What can you do to join in the celebration and fight for the protection of your home?

..... After all, Earth is the one thing we all have in common.

Thrift Your Clothes

Thrifted your clothes is great because it does not utilize new resources. Look at Goodwill, Uptown Cheapskate, or online at ThredUp.



Plant Something

Trees provide oxygen, and planting your own fruits and veggies benefits your health.



Ride Your Bike

Reduce your carbon footprint by riding your bike to work or other places close by.



Buy Reusable Bags

Instead of using the plastic bags at grocery stores, bring your own! You can actually get out of the store with less bags this way and also less waste.



Use Bamboo Toothbrushes

Bamboo is biodegradable and leaves no negative impact on the planet.



Use Refillable Water Bottles

Using your own water bottle reduces your use of plastic and also eliminates your need to buy water bottles at the store!



Recipe of the Month

Garlic Chicken "SPRING" Rolls w/ Avocado Cilantro Sauce

TOTAL TIME:

Prep: 10 min Cook: 15 min

YIELD: 6 rolls



INGREDIENTS:

For Garlic Chicken

- 1 tbsp olive oil
- 1 lb boneless, skinless chicken
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1/8 tsp garlic powder
- 1 cup cooked quinoa (optional)
- 1 cucumber, thinly sliced
- 6 leaves fresh iceberg lettuce
- 6 rice spring roll papers

For Avocado Cilantro Sauce

- 1 avocado, pitted and peeled
- 1/2 cup plain greek yogurt
- 1 cup unsweetened almond milk
- 1 cilantro bunch
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1 tbsp lime juice

DIRECTIONS:

1. Cook chicken in olive oil on medium-high heat; season with sea salt, ground black pepper, and garlic powder. Once cooked, allow to cool, and dice.
2. Dip one sheet of rice paper in warm water for about 3-4 seconds. Lay the wrapper onto your work surface.
3. Near the bottom of your prepped spring roll wrapper and in the center, lay out the cucumber, iceberg lettuce, and diced chicken (and optional quinoa).
4. Fold the bottom over the chicken, then fold the uncovered sides inward, then tightly roll the wrapper all the way, as tightly wrapped as possible. Then repeat with the remaining ingredients.
5. For sauce: blend all ingredients in food processor until smooth



The Employee Spotlight

Q&A EDITION

John Dimarie

Title: Downtown
Bike Cop

Dept: SPD

Q: What are the top 3 highlights of your life?

A: Marrying my wife, my three children, and my career in law enforcement and fire

Q: What TV show could you never live without

A: Chicago P.D.

Q: What skill would you like to master?

A: Doing sweet wheelies

Q: What is your biggest fear?

A: Wiping out in front of Mayor Day

Q: Not counting your current job, what would your dream job be?

A: Retirement

Q: What is your motto or personal mantra?

A: Treat people the way you want to be treated

Q: What is something people would be surprised to know about you?

A: No surprises, I am an open book

Q: If you could live anywhere, where would it be and why?

A: Right here in Salisbury, I love my city

Q: Given your choice of turning any activity into an Olympic sport, what would you have a chance to medal at?

A: Waterfowl hunting

Q: If you had to eat one meal everyday for the rest of your life, what would it be?

A: Sushi

Q: Who would you play in a film?

A: Channing Tatum or a younger Brad Pitt



BAKE-OFF

THEME: TRAY BAKE

A tray bake is any dessert bar (brownie, blondie, bar, etc.) that can be cut into squares and eaten by hand.

MONDAY | APRIL 25TH



@ GOB ROOM 301

[SIGN-UP HERE](#)

National Poetry Month

MEETS

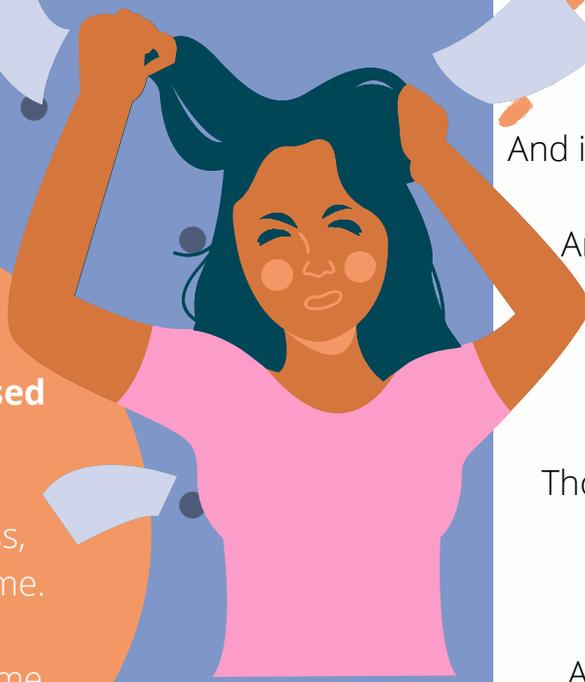
Stress Awareness Month

April is National Poetry Month AND Stress Awareness Month. Take some time to read these poems on managing stress and taking time for yourself.

Mantra for the Stressed

By Kelly Roper

I will conquer my stress,
I will not let it conquer me.
I will win the day,
Stress will not win over me.

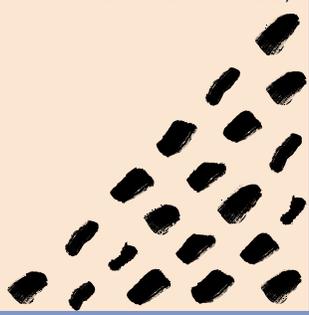


Meditation for Stress

By Marcelina Hardy

Meditation is a sanctuary.
Close your eyes and take yourself somewhere free,
Free from chaos,
Free from worry.

Take a deep breath,
And open your eyes
To a whole new place.



Be Kind to Yourself

By Kelly Roper

Sometimes life is overwhelming,
And it seems like there's no place to turn.
There's no one looking out for you,
And you can feel your stomach churn.

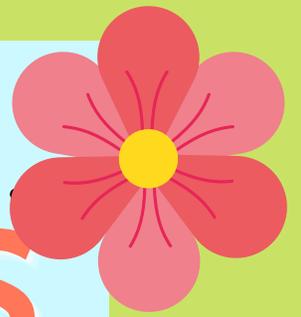
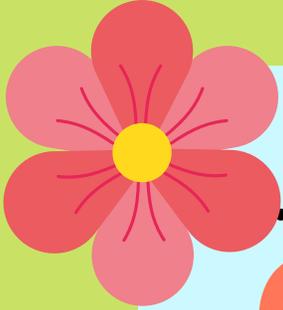
This is the moment to remember,
You've got to be kind to yourself.
Take some time to regroup and put
Those cares and stressors on the shelf.

Take time out for a walk,
or listen to your favorite song,
As long as you do something positive,
You really can't go wrong.

Letting go of the pressure for a while,
Can often make all the difference.
You can come back calm and refreshed,
And not feel like you're on the defense.

Then you can take the stressors and cares
Off the shelf one by one,
And deal with them more patiently.
Before you know it, they'll all be gone.





APRIL WEEKLY CHALLENGES

We are challenging all City employees to participate in **4 challenges** for the **4 weeks** of April. Each week will focus on a different aspect of wellness and challenge participants to contribute a portion of their time daily to that aspect.

WEEKLY CHALLENGES

WEEK 1: PHYSICAL

WEEK 2: MENTAL

WEEK 3: INTELLECTUAL

WEEK 4: SOCIAL

HOW DO I PARTICIPATE?

Keep track of your progress throughout the month with a calendar provided by the city.

This is by honor system so please be honorable! Write down each day what you did to complete the challenge.

BE SPECIFIC!

COMPLETE ALL THE WEEKLY CHALLENGES AND TURN IN YOUR CALENDAR TO RECEIVE A PRIZE!

[DOWNLOAD CALENDAR HERE](#)

[WANT TO HOST AN EVENT FOR WEEK 4? SIGN UP HERE](#)

[WANT TO SIGN UP FOR AN ESPACE ROOM? SIGN UP HERE](#)

See Jessie's Email For More Information

UPCOMING EVENTS

EMPLOYEE OF THE MONTH

- SUBMISSIONS
DUE APRIL 30TH

SUBMIT AT
[SALISBURY.MD/EOTM](https://salisbury.md/eotm)



APRIL CHALLENGES

- STARTING THE 1ST
- WEEKLY CHALLENGES
- COMPLETE ALL FOR A PRIZE!



SKIN CARE SUNSCREEN CLASS

- MAY 13TH @2PM
- WHERE: STATION 16
- GET FREE SAMPLES



BAKE OFF!

- APRIL 25TH
- THEME: TRAY BAKE
- BAKED IN A SHEET &
CUT INTO SERVINGS

