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These conversations about work experiences are part of a Mount Saint Vincent University research project on immigrant home care workers who care for older people in Manitoba. Our goal is to better understand the unique experiences of immigrant workers and the kinds of care they provide older people during the COVID-19 pandemic. The results will help improve the working conditions of immigrant care workers and the quality of care of their older clients.

To get involved, contact Mehmet Yavuz, Project Coordinator
204.815.4061 | Mehmet.Yavuz@msvu.ca

Contact Lead Researcher, Mary Jean Hande, for more information.
MaryJean.Hande@msvu.ca | tinyurl.com/y25xhoht



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Everybody's Talking

Hungry owls: No one wants to use chemical pesticides to protect crops, and apple farmers in Japan don't have to. That's because a natural predator is available to help keep their orchards free of field voles. That predator is the Ural owl (*Strix uralensis*). These birds build nests in the hollows of trees near the orchards, and farmers even supply manmade structures to attract them. The night hunters do swift work of nabbing voles, which can do considerable damage to apple trees and cut into the profits of the farm.

Inked all over: Some people get a tattoo (or two) somewhere on their bodies, but Kerstin Tristan decided to get her whole body tattooed. The grandmother from Leipzig, Germany, started on her tattoo odyssey in 2015 when she got her first one. Now, her arms, legs, torso, hands, and feet are almost completely covered. The tattoos range from flowers to butterflies to women's faces to leopard spots to strings of pearls. Tristan has spent, so far, about 30,000 Euro on her body art, and she doesn't regret it. She intends to keep filling the blank spots with more tattoos.

Mural mandate: A mural on the side of a building in Warsaw, Poland, helps clear the air of pollutants. Located near a busy metro station, the mural is made of special photocatalytic paint that lures pollutants from the air. The pollutants are then changed into harmless particles, which are washed away when it rains. The mural features flowers with smiling faces, with the foliage wrapped around tall buildings. The project was part of the City Forests campaign. Several other cities around the world are part of the movement, including Bogotá, Columbia; Johannesburg, South Africa; and Melbourne, Australia.

Cat lady: A woman who lives in Muscat, Oman, is a true animal lover. In fact, she loves animals so much that her home has become a shelter for homeless cats and dogs. Maryam al-Balushi didn't always appreciate animals. Her affection for felines began in 2008 when her son brought home a Persian cat, which she grew to adore. She started taking pity on strays, and today she has nearly 500 cats and about a dozen dogs. It costs almost \$8,000 per month for food and vet care, which at first she paid herself, but now donors help her with the bills. She hopes everyone will understand that animals need to be treated with compassion.

Quoteable Quotes

"We heed no instincts but our own." —Jean de La Fontaine
"Tell him to live by yes and no—yes to everything good, no to everything bad." —William James

What's Happening

Exploring Spiritual Mysteries on Dreams presented by Eckankar Discover tools for unfoldment, reassurances of departed loved ones, spiritual guides and the inner world of Light and Sound. 7PM. Visit <https://www.meetup.com/The-Winnipeg-Spiritual-Experiences-Group/> email beckmanitoba@gmail.com

Anavet Assiniboia Unit 283 - Opening 3584 Portage Ave. 204 837 6708 Opening 10 a.m. to 6 p.m. each Monday to Saturday beginning on Sat. July 24th. Basic Health Rules will be followed so we can visit with old and new friends at the Friendly Club!

Yoga classes at Deer Lodge Community Centre Gentle Yoga classes at Deer Lodge Community Centre, 323 Bruce E. begin September 13, 2021.

For more info email Doreen at: dwickert@shaw.ca **Anavets Assiniboia Unit 283 at 3584 Portage Ave.**

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Trivia

1. Which country produces the most tea in the world—China, India, or Sri Lanka?
2. One fathom is equal to 6 ft., 8 ft., or 12 ft.?
3. What is a chanterelle?
4. The Caladrius, the Phoenix, and the Roc are types of what?
5. What creates a phenomenon called a fogbow or white rainbow?

(Flip bottom of page for answers)

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Recipe of the month

Pumpkin Spice Cupcakes

2 cups sugar | 1/2 teaspoon ground ginger
1 can (15 ounces) pumpkin | 1/4 teaspoon ground cloves
4 large eggs, room temperature | 1 cup raisins
1 cup canola oil | **Cream Cheese Frosting:**
2 cups all-purpose flour | 1/3 cup butter, softened
2 teaspoons baking powder | 3 ounces cream cheese, softened
2 teaspoons ground cinnamon | 1 teaspoon vanilla extract
1 teaspoon baking soda | 2 cups confectioners' sugar
1/2 teaspoon salt | 1/2 cup chopped walnuts, toasted

Prep Time: 30 min. Bake: 30 min + cooling Yield: 2 dozen

- Preheat oven to 350°. Beat sugar, pumpkin, eggs and oil until well blended. In another bowl, whisk next seven ingredients; gradually beat into pumpkin mixture. Stir in raisins.
- Fill each of 24 paper-lined muffin cups with 1/4 cup plus 1 teaspoon batter. Bake until a toothpick inserted in centre comes out clean, 28-32 minutes. Cool 10 minutes before removing from pans to wire racks to cool completely.
- For frosting, beat butter and cream cheese until smooth. Beat in vanilla. Gradually add confectioners' sugar. Frost cupcakes; sprinkle with walnuts. Refrigerate.

Source: www.tasteofhome.com

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Your Weekly Horoscope

ARIES (March 21 - April 20)
Your concentration could be very strong. You might become so engrossed in your work that you may not be able to do anything else until you find the information that you seek. Lucky Numbers: 2, 7, 12, 18, 22, 34.

TAURUS (April 21 - May 21)
You may want to pursue the one person you desire. This could be exciting, as romance also might run high. Games or contests may provide you with an extra burst of energy. Lucky Numbers: 11, 18, 20, 25, 38, 45.

GEMINI (May 22 - June 21)
Your ability to keep yourself on track may enable you to reach out to new resources for solutions. Your past experiences could help you see past facades to find answers. Lucky Numbers: 5, 7, 9, 10, 40, 42.

CANCER (June 22 - July 22)
A new or renewed personal relationship may prove to be romantic and pleasing to you. You might want to look your best and behave in a friendly way. Lucky Numbers: 12, 15, 26, 31, 32, 45.

LEO (July 23 - Aug. 23)
You may attract what you need by allowing others to approach you. You might be more inclined to go along with situations than to forcefully try to make things happen. Lucky Numbers: 6, 16, 21, 26, 36, 41.

VIRGO (Aug. 24 - Sept. 23)
This may be a positive time, especially if you are involved in learning. Your appreciation for the warmth and assurance of a mentor could provide you with much pride. Lucky Numbers: 1, 5, 11, 13, 15, 21.

LIBRA (Sept. 24 - Oct. 23)
Trivial battles may be obstacles. You might need to stop pushing yourself so hard. Your personal need to be nurtured could help you understand the importance of family. Lucky Numbers: 5, 23, 24, 31, 41, 45.

SCORPIO (Oct. 24 - Nov. 22)
Some intense rivalry or personal conflict may take you by surprise. You might feel that you must stand up for your rights in the face of this opposition. Lucky Numbers: 8, 18, 28, 36, 39, 44.

SAGITTARIUS (Nov. 23 - Dec. 21)
Interesting connections may unlock new doors. You might want to edit a proposal or in some way adjust your way of communicating in order to come to a mutual agreement. Lucky Numbers: 17, 20, 24, 25, 27, 30.

CAPRICORN (Dec. 22 - Jan. 20)
You may need to talk about past experiences to understand the truth. Old resentments that you might have tried to conceal could resurface and cause you distress. Lucky Numbers: 13, 21, 26, 32, 41, 42.

AQUARIUS (Jan. 21 - Feb. 19)
Your ability to converse may attract the interest of people who matter. Do not allow pressure to push your goals out of focus. Think hard and fast, remembering all the facts. Lucky Numbers: 5, 15, 16, 17, 30, 47.

PISCES (Feb. 20 - March 20)
You may feel an urgency to eliminate negative influences. You might need to show your reliability and your willingness to perform your duties and obligations. Lucky Numbers: 16, 19, 23, 26, 33, 46.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 4.

Did You Know...

Famous relative: The famous F. Scott Fitzgerald was named after his distant relative, who may be even more famous. Francis Scott Key wrote the words to "The Star-Spangled Banner," America's national anthem.

Landlocked: The Lao People's Democratic Republic, known as Laos, is landlocked and shares borders with China, Vietnam, Cambodia, Thailand, and Burma (Myanmar). The capital of Laos is Vientiane, and the country's official language is Lao.

Cold lovers: Yakutian horses live in Yakutia (Sakha) Republic, in the Siberian region of Russia, where temperatures in the winter can dip to -70°C (-94°F). These small horses are heavy for their size because they have a layer of fat, as well as a thick mane, to keep them warm.

Unique design: For a unique, personalized cooking and eating space, people may choose to have a "bespoke" kitchen. That means that the area is custom designed for the owner's exact preferences.

Runny nose: Having a runny nose is a common consequence of eating spicy foods. That's because the chili peppers in spicy dishes contain the chemical capsaicin, which is a natural decongestant.

On the Lighter Side

Why did the chicken cross the playground? To get to the other slide.
A three-year-old had received a severe sunburn that reached the peeling stage. His mother heard him saying to himself as he was washing up for dinner, "Only three years old, and wearing out already."
Three men were in a boat. It capsized, but only two got their hair wet. Why? One was bald.
Dentist: "You need a crown."
Patient: "Finally, someone who understands me!"

Did you hear about the umbrella salesman who saved his money for a sunny day?

Answers
1. China 2. 6 ft. 3. Type of mushroom 4. Mythical birds 5. Light retracted in fog

Trivia answers: 1. China 2. 6 ft. 3. Type of mushroom 4. Mythical birds 5. Light retracted in fog

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