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Are you new to Canada or on a temporary work visa? Do you provide paid home care for seniors?
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 Participants will receive a \$40 gift card.
 Language interpretation is available.

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/y25xohf

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Recipe of the month
Pumpkin Spice Cupcakes

2 cups sugar
 1 can (15 ounces) pumpkin
 4 large eggs, room temperature
 1 cup canola oil
 2 cups all-purpose flour
 2 teaspoons baking powder
 2 teaspoons ground cinnamon
 1 teaspoon baking soda
 1/2 teaspoon salt

1/2 teaspoon ground ginger
 1/4 teaspoon ground cloves
 1 cup raisins
Cream Cheese Frosting:
 1/3 cup butter, softened
 3 ounces cream cheese, softened
 1 teaspoon vanilla extract
 2 cups confectioners' sugar
 1/2 cup chopped walnuts, toasted

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

1 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.
 2 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.
 3 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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Everybody's Talking

Phone fiend: People collect lots of different things, like dolls, hats, and porcelain figurines. Not very many collectors choose old cell phones as their object of interest, but that's what Sahabettin Ozcelik of Van province in eastern Turkey collects. Ozcelik is a cell phone repairman, and during his 20-odd years in business, he has seen a lot of different makes and models come and go. He has about 1,000 phones in his collection, and he used to have more before thieves broke in and stole some of them. He keeps them all in working order.

River zipper: Imagine a zipper being pulled by its tab while the fabric, with zipper teeth on both sides, opens up. Now imagine that the fabric is a sheet of still water and the pull tab is a boat. As the boat moves forward, its wake looks like a zipper opening up. Basically, that was the vision of Japanese designer Yasuhiro Suzuki when he designed a boat to look like a zipper's pull-tab. He got the idea while watching a boat from an airplane window. He named his creation "Zip-Fastener Ship" and presented it at the 2020 Designart Tokyo, calling his installation "Opening the River."

Uninvited visitor: Perhaps the deer was only looking for a quiet place to retire when it jumped through the glass in the door of an assisted living facility in the town of Selkirk, Manitoba (Canada). Once inside, though, the wild animal didn't seem to want to lie down for a rest. Police were called to handle the situation, which occurred in the middle of the night. They were able to steer the skittish buck into a large, empty room, away from the area where residents live. Eventually, the animal found the open door and bounded through it to freedom.

Delicious stew: Those who have visited Brazil may be well aware that this South American country's national dish is a stew called feijoada (feijoada completa). This hearty meal consists of smoked pork and flavourful black beans. Finding exact replicas of the dish throughout the country is difficult because families and dining establishments boast their own homemade recipes for the popular mealtime favourite. Flavourings for the dish may include onion, tomatoes, garlic, and coriander. Accompaniments might be green vegetables, rice, and oranges. It is often served for lunch on Saturdays.

Quoteable Quotes

"The principal ingredient in life is love." —Unknown
 "Harmony is pure love, for love is complete agreement." —Lope de Vega

What's Happening

Transcona Collegiate Murdoch MacKay Collegiate 50th Reunion 2022 TCI MMCI Grads from 1971 to 1974 are invited to join the class of '72 as they celebrate their 50th graduation anniversary. May 14, 2022

Contact : 2022TCI.MMCI.REUNION@GMAIL.COM for information and registration. **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.**

204 837 6708 join us... Double vaxed - proof photo ID needed to enter - Masks worn when you are not seated. Bands Dancing with masks on Fri. 8 to 11 pm. Check our Website for monthly Band lists.

Meat Draws each Fri. nite at 6:30 - Sat. 3:00 pm. Bingo Mon. Wed Fridays. **How Past Lives and Karma Impact Your Life Today Presented by ECKANKAR** A Soul Adventure Discussion -Discover how to correct karmic patterns and avoid sowing unwanted seeds of karma in your life. 7 PM. For free registration see : <https://www.meetup.com/The-Winnipeg-Spiritual-Experiences-Group> or email beckmanitoba@gmail.com

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Trivia

1. Lobsters were once called "the poor man's protein"—T/F?
2. What is the capital of Syria?
3. What is geographically the largest country in Africa?
4. Astronauts Neil Armstrong and Buzz Aldrin walked on the moon in 1967, 1968, or 1969?
5. A ziggurat is a type of pyramid or a species of rodent?

(Flip bottom of page for answers)
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Your Weekly Horoscope

ARIES

(March 21 - April 20)



Your drive for self-expression may be high. You may push yourself into a competition with great energy and zeal. If you play hard, you might win in your creative pursuits. Lucky Numbers: 5, 14, 26, 29, 44, 47.

TAURUS

(April 21 - May 21)



Your dreams, wishes, and fantasies about love may be strong. You might be reluctant to share your ideas for fear that others could have very different opinions. Lucky Numbers: 4, 5, 6, 24, 25, 26.

GEMINI

(May 22 - June 21)



Creative hobbies you share with your mate may spark new quests. If single, you might be easily charmed by someone who seems very sophisticated. Lucky Numbers: 33, 37, 39, 42, 43, 47.

CANCER

(June 22 - July 22)



You might need to rely only on yourself and your own resources to succeed. Numerous delays could cause lost time, but you may find better ways to accomplish those tasks. Lucky Numbers: 1, 8, 13, 24, 26, 30.

LEO

(July 23 - Aug. 23)



You may feel much more confident than usual. You might want to take a less direct approach to the creative projects of others and exhibit your knowledge to help them. Lucky Numbers: 2, 11, 23, 34, 43, 44.

VIRGO

(Aug. 24 - Sept. 23)



You may want to communicate in a more sensitive manner. Your mind could be very active, and you might need patience to deal with those who may not follow your directions. Lucky Numbers: 24, 28, 34, 38, 44, 48.

LIBRA

(Sept. 24 - Oct. 23)



You already may know what you need to do to better yourself. Try putting your imagination into everything you do, taking your knowledge to the next level, and reinventing yourself. Lucky Numbers: 6, 23, 28, 33, 38, 47.

SCORPIO

(Oct. 24 - Nov. 22)



You may be worried that saying the wrong thing could cause hurt feelings. In order to find your deepest motivations, you might need to make some changes. Lucky Numbers: 14, 19, 20, 34, 37, 44.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may be aware of your personal power and might understand when letting others take the lead is appropriate. A new hobby could become a source of pleasure. Lucky Numbers: 9, 10, 26, 27, 29, 30.

CAPRICORN

(Dec. 22 - Jan. 20)



You may want to make a comment, but also need to keep your dealings pleasant. This could be an opportunity to diplomatically bring a better balance to your relationships. Lucky Numbers: 2, 4, 6, 8, 10, 12.

AQUARIUS

(Jan. 21 - Feb. 19)



You may feel sentimental, and your need for love and compassion might be strong. Being open could be great. Be discriminating with your current audience. Lucky Numbers: 5, 7, 13, 15, 21, 45.

PISCES

(Feb. 20 - March 20)



You may feel inclined to discuss your own issues about loyalty in your relationships. Activities you share with loved ones might centre around intellectual interests. Lucky Numbers: 11, 16, 24, 28, 43, 47.

Lucky numbers this week: This week's odds favour Leo winners with the luckiest number being 11.

Did You Know...

Desert and sea: Tunisia, or the Tunisian Republic, is on the North African coast of the Mediterranean Sea. Nearly half of the country is covered by the Sahara Desert. The capital of Tunis is a lively, diverse city of ancient mosques alongside modern office buildings.

Playing tag, eh? Canadians are known for saying "eh" at the end of a sentence. This is known as an "invariant tag" because every use of the word is the same. Other examples of tags include phrases like "isn't it?" and "right?"

Wood pile: When buyers purchase wood for a fireplace, it's usually in "cords." A cord is 128 cubic feet (3.62 cubic metres). In the U.S., this measurement is calculated when the wood is stacked tightly so that it measures 4x4x8 ft. (1.2x1.2x2.43 m).

Colour codes: Colour is said to have an impact on mood. Designers suggest that decorating a room with shades of cool blues and greens has a peaceful, harmonious effect on people using the room.

Old art: Áísínai'pi (Writing-on-Stone) Provincial Park, is located in the southern part of the province of Alberta, Canada. Sandstone walls in the area contain petroglyphs and pictographs made by Indigenous people over 3,000 years ago.

On the Lighter Side

TV meteorologist: "The forecast for the weekend is clear and warmer with a 70% chance that we're wrong."

Mother: "Why on earth did you swallow the money I just gave you?"
Child: "Because you said it was lunch money."

My teachers told me I wouldn't amount to anything because I procrastinate. I told them, "Just you wait."

What do you call a fish with no eye? FSH

Helvetica and Times New Roman walk into a bar. "Get out of here," says the bartender. "We don't serve your type."

Answers

Trivia answers: 1. True 2. Damascus 3. Algeria 4. 1969 5. Pyramid

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