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**Odette Misiewicz
Johanna Wilson
Wally Malinowski
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Vol. 19 No. 17 April 25, 2022

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University of Alberta Ethics Approval Ref.: Pro00101088

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Recipe of the month

Asian-Style Salmon Packets

4 slices sweet onion
4 salmon fillets
(6 ounces each)
3 tablespoons chili sauce
1 tablespoon lime juice
1 tablespoon sesame oil
1 garlic clove, minced

1 teaspoon mustard seed
1 teaspoon minced fresh gingerroot
½ teaspoon black sesame seeds
Chopped fresh mint
Grated lime zest

Prep/Total Time: 25 min. Yield: 4 servings

- Preheat oven to 400°. Place each onion slice on a double thickness of heavy-duty foil (about 12 in. square). Top with salmon. Combine next seven ingredients; spoon over fillets. Fold foil around mixture; crimp edges to seal.
- Place on a baking sheet. Bake until fish flakes easily with a fork, 15-20 minutes. Be careful of escaping steam when opening packets. Serve with mint and lime zest.

Source: <https://www.tasteofhome.com>

**Dementia and
Contenance Study**

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately 10 weeks. During this time, the researcher will call or visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits or calls will last between 1 to 2 hours.

If you want to learn more about this study, please contact Dr. Wagg's research office at **780-492-6855** (24-hour confidential voicemail).

UNIVERSITY OF ALBERTA
This study will abide by all Covid-19 safety measures outlined by Alberta's Chief Medical Officer and Alberta Health Services.

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Everybody's Talking

Low down: Joy Chapman of British Columbia (Canada) can sing really, really low. So low, in fact, that she was named by Guinness World Records as the woman who can hit the lowest note for females. Chapman has been singing most of her life, and even when she was a little girl, she sang choir parts usually set aside for male voices. She's had different vocal teachers, and some have been quite astounded about the low notes she was able to hit. When she decided to try for the world record, she had to go through an arduous process to have her low notes recorded. It took quite a few tries over a long period to get the recording the way she wanted it to be.

Sky swim: Those who want to have an amazingly unique swimming experience will want to check out the upcoming Sky Pool at the Embassy Gardens, a condo development in the Nine Elms district of London, England. When complete, this 25-metre (82-foot) long pool will be positioned between two buildings, at a height of 35 metres (115 feet) above the ground. It will be transparent, so swimmers will feel like they are floating up in the sky. Passersby looking up at the pool from the sidewalk will be able to watch swimmers do their laps, seemingly among the clouds.

Rare plant: A greenhouse in Lovendegem, Belgium, recently had a unique plant for sale: a Monstera adansonii variegata, which sold for 1,799 Euros. The 15-centimetre (6-inch) tall plant fetched this amazing amount of money because it is a rare variant of the species. Usually available for a tiny fraction of this price, the plant that is also known as "monkey mask" usually has green leaves with holes. However, this variant's leaves are white and yellow. Garden centre worker Arne Schurmans explained that it is not possible to actually cultivate the variant because it is a mutation. Owners must be knowledgeable about plants because this one needs special care.

Roaming boars: The port city of Haifa in northern Israel is home not to just humans, but to roaming wild boars and their offspring. Just like raccoons in the cities of North America, the wild boars of Haifa get into people's garbage and amble down the streets, seemingly without a care in the world. They even play with pet dogs! The boars used to stay mostly in the ravines of this hilly city, but in recent years have ventured into the populated areas and have become part of the city's nature scape. They do not fear humans, and will take a nap wherever a sunbeam lands. While their presence concerns some citizens, others consider them to be part of daily life.

Quoteable Quotes

"Truth is generally the best vindication against slander." —*Abraham Lincoln*

"A good book is the precious lifeblood of a master spirit, embalmed and treasured up on purpose to a life beyond life." —*John Milton*

What's Happening

April 29 to May 1-Annual Spring Sale Brought to you by the Fort Saskatchewan Pottery Guild 2022. Begins Friday, April 29, 2022 from 3-8pm and continues Saturday, April 30 from 10-4pm and Sunday, May 1 from 10am-2pm at the Dow Centennial Centre. 780-992-1886

May 19-Career Fair and Training Expo Get in front of hiring managers! Network and apply with Employer Exhibitors. Build meaningful rapport you need to advance your career in the direction that you want. Edmonton Convention Centre. 10 Am - 2 PM

June 5- Kidney Walk Taking place at Rundle Park Family Centre, Kidney Walks are the largest community fundraising event in Canada dedicated to raising awareness and funds for kidney disease. Register @ <https://kidneywalk.ca>

NON profit organizations may submit events for FREE at www.coffee-news.ca/whats-happening

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Trivia

- Does spinach contain iron?
- What phylum do insects, crabs, and arachnids belong to?
- A baby whale is called a calf, a pup, or a cub?
- What does the Japanese word karaoke literally mean?
- Is a gaffe a social blunder or a metal hook?

(Flip bottom of page for answers)

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(Over)

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Your Weekly Horoscope

ARIES

(March 21 - April 20)



This may be a quiet week for you, with your mind and emotions well balanced. If so, use this time to recharge and get ready for the next challenge. Lucky numbers: 3, 4, 26, 37, 38, 39.

TAURUS

(April 21 - May 21)



This week offers the potential to start a new phase of activities. If you are unsure of what to focus on next, explore how you can be of service to others. Lucky numbers: 5, 6, 12, 15, 27, 38.

GEMINI

(May 22 - June 21)



The natural quickness of your Gemini mind may be enhanced for the next two months. You sometimes may feel nervous or twitchy. Avoid gossip; it may come back to haunt you. Lucky numbers: 7, 8, 13, 14, 25, 39.

CANCER

(June 22 - July 22)



You may be at a stalemate, having opposing thoughts about an issue involving someone else. Setting boundaries with others may be a hard but necessary truth at this time. Lucky numbers: 11, 13, 25, 28, 29, 41.

LEO

(July 23 - Aug. 23)



You may have experienced a rough period recently. As that dynamic recedes, look for a hidden opportunity and gear your efforts toward the project that best aligns with your values. Lucky numbers: 1, 9, 15, 27, 38, 48.

VIRGO

(Aug. 24 - Sept. 23)



Are you feeling lazy? The planetary energies this week may exacerbate this feeling. Be careful that it doesn't cause trouble for you at work or with your partner. Lucky numbers: 8, 9, 17, 29, 34, 35.

LIBRA

(Sept. 24 - Oct. 23)



Perhaps you are feeling discouraged right now, with little energy for moving forward. Your vision for your life may need adjustment to help get you back on track. Lucky numbers: 9, 14, 21, 29, 30, 43.

SCORPIO

(Oct. 24 - Nov. 22)



This week may be frustrating if you are trying to start something new. It may be best to wait so that you can get a good start in the near future. Lucky numbers: 2, 4, 10, 20, 36, 39.

SAGITTARIUS

(Nov. 23 - Dec. 21)



You may have a feeling of opposing viewpoints, either within yourself or with others. In communicating with others, present your ideas from a position of strength, without being argumentative. Lucky numbers: 10, 22, 28, 35, 41, 47.

CAPRICORN

(Dec. 22 - Jan. 20)



Old traumas have been compared to layers of an onion. Peeling back one layer invariably leads you to the next one. Unearthing buried information may help you continue your healing process. Lucky numbers: 6, 16, 17, 18, 30, 36.

AQUARIUS

(Jan. 21 - Feb. 19)



Your opportunities may not be obvious at this time. For what or whom are you willing to sacrifice? When you can answer that question, your path may become clear. Lucky numbers: 4, 12, 13, 34, 42, 44.

PISCES

(Feb. 20 - March 20)



Pisces are naturally empathetic. This week you may also be feeling sociable and diplomatic, which attracts others to you. This may initiate a new romance or strengthen an existing one. Lucky numbers: 1, 12, 13, 41, 42, 43.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 42.

Did You Know...

Rare sauce: People who live in the province of Manitoba (Canada) are very familiar with a delicious dipping sauce for chicken fingers that was invented by a local diner chef. Honey dill sauce is hard to find outside of this Canadian province.

Salt rinse: If the toothpaste tube is empty, an alternative way to have clean teeth and fresh breath is by rinsing with saltwater, which works as a disinfectant. One teaspoon dissolved in a cup of water will suffice.

Cute marsupial: Australia may be home to kangaroos and koalas, but another marsupial unique to the country is the quokka. These cute little animals live in Western Australia, as well as on Rottnest Island near Perth, and on Bald Island near Albany.

Movie site: A Moroccan desert landform has been used in movies like *Spectre*, the 2015 James Bond flick. Called Gara Medouar, this erosional crater of limestone rises 50 metres above the sand, with a collapsed interior valley and a ravine that provides natural access to the interior.

Love those spuds: The province of Prince Edward Island, off the east coast of Canada, is home to a huge potato industry. The island's potato farms provide the entire country with an estimated one-quarter to one-third of its potatoes.

On the Lighter Side

What goes bonk, bonk, bonk, bonk, bonk, bonk, bonk? A rubber-nosed clown falling down a flight of stairs.

Knock! Knock! Who's there? Poodle. Poodle who? Poodle a little mustard on my hot dog.

Patient: "I think I am a dog."
Doctor: "How long has this been going on?"
Patient: "Since I was a puppy."

What do you call a group of mice in disguise? A mousequerade party.

Did you read the book about how to put a boat together? It was riveting.

Answers

Trivia answers: 1. Yes 2. Arthropoda 3. Call 4. Empty orchestra 5. Social blunder

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