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Odette Misiewich
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THE MUSTARD SEED

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>



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Everybody's Talking

Dog rescues deer: Ralph Dorn of Culpeper, Virginia (U.S.), is proud of his pet, a goldendoodle named Harley. Ralph and his wife Pat always knew Harley was a caring pooch, and had been taking him to a local hospital to work as a therapy dog. But Harley went above and beyond the call of duty when he saved a fawn from drowning. He swam out to the middle of the lake near the Dorns' home and carefully guided the fawn back to shore, where Ralph helped the little creature get out and onto the grass. Soon, the fawn's mother emerged from the woods for a happy reunion. The pair came back to visit the next day, much to Harley's delight.

Crime-fighting grandpa: A great-grandfather in his 80s is being called a hero for taking action to prevent a robbery in a business in Cork, Ireland. Denis O'Connor was on the premises when three thieves arrived. They approached Tim Murphy, the manager, and demanded that he open the safe. Even though O'Connor is an elderly man, he is very fit. He tackled one of the thieves, and his action encouraged Murphy to do the same. All three thieves lost their nerve and bolted out the door. Police were glad O'Connor had stopped the robbery. But in general, law enforcement advises people in these situations to simply obey the thieves to prevent a situation from escalating.

Dry regatta: Regatta events consist of boat races on water. However, in Alice Springs, Northern Territory, Australia, in the middle of the outback, the Henley-on-Todd Regatta occurs on a dry riverbed. At the only regatta of its kind in the world, participants extend their legs through bottomless boats and race along the waterless bed of the Todd River. Owners usually make the boats, which resemble odd versions of yachts, canoes, or rowboats, decorated in any way desired. The display of entrants is quite colourful. The late August event offers other activities, like sandcastle building and mini yacht races for kids. The regatta began as a joke in 1962, and has become a large fundraiser for various humanitarian organizations and charities.

Crooked trees: Aspen trees usually grow upward toward the sky, but the trees in a grove in the province of Saskatchewan, Canada, grow every which way. Located near the town of Hafford, about 95 kilometres (60 miles) north of the city of Saskatoon, the grove has become known as The Crooked Bush, and visitors find it quite eerie, but intriguing. No one knows exactly why the trees in this spot grow this way and, curiously, aspens only a few kilometres away grow straight. The grove is located on private property, but visitors are welcome to come and take a look. A short boardwalk trail is open for all ages to use.

Quoteable Quotes

"The only real mistake is the one from which we learn nothing."
—John Powell

"The past is a foreign country; they do things differently there."
—Lesley Poles Hartley

What's Happening

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

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Trivia

- Originating in Italy, this multi-voice song is usually based on a poem and performed without instruments.
- Legerdemain is a writing tablet, sleight of hand, or tomorrow's plans?
- What date did Sputnik, the world's first artificial satellite, launch?
- Who wrote the music for the song, "The Charleston," in Broadway's 1923 "Runnin' Wild"?
- The U.S. presidential retreat was renamed Camp David in honour of what president's grandson?

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Your Weekly Horoscope

ARIES
(March 21 - April 20)

Any issues you run into now may seem overwhelming. Rather than acting impulsively, you may want to wait a while to see if the situation clears up on its own. Lucky numbers: 6, 12, 13, 16, 36, 38.

TAURUS
(April 21 - May 21)

You may receive insight about your past this week. Rather than immediately rejecting it, consider how you might use it to create a more positive outcome in your life. Lucky numbers: 11, 18, 21, 31, 36, 41.

GEMINI
(May 22 - June 21)

The Sun is moving into your sign, which could provide you with more energy. How do you want to use this new phase to change whatever may not be working well for you? Lucky numbers: 7, 18, 21, 29, 36, 42.

CANCER
(June 22 - July 22)

Recently, you may have taken a deep dive into your unconscious, whether you wanted to or not. This phase may be ending, and you might be able to integrate what you learned. Lucky numbers: 14, 19, 23, 37, 45, 48.

LEO
(July 23 - Aug. 23)

You may be feeling weighed down by responsibilities at this time. It might be helpful to find a mentor, perhaps someone older, to help guide you toward your goal. Lucky numbers: 1, 2, 25, 30, 31, 45.

VIRGO
(Aug. 24 - Sept. 23)

Are you running into obstacles in your day-to-day activities? If so, perhaps your frustration is a sign that you might be bored and may need to expand your horizons into new areas. Lucky numbers: 4, 30, 34, 41, 42, 44.

LIBRA
(Sept. 24 - Oct. 23)

You may find that opportunities are expanding for you right now. However, it may be wise to first analyze any potential roadblocks before you move forward with them. Lucky numbers: 3, 15, 23, 27, 29, 45.

SCORPIO
(Oct. 24 - Nov. 22)

Your frequent ability to see the truth in situations may be heightened now. How could you use this information for positive change and evolution, rather than simply disrupting things even more? Lucky numbers: 10, 13, 19, 24, 28, 42.

SAGITTARIUS
(Nov. 23 - Dec. 21)

You might be feeling stressed by how busy your life is now. The situation may begin to ease, and you might want to avoid taking any drastic action until it does. Lucky numbers: 16, 17, 18, 20, 29, 31.

CAPRICORN
(Dec. 22 - Jan. 20)

Creating lasting accomplishments is usually important for Capricorns. Others may be interested in working with you now to build something solid and enduring, of which you all could be proud. Lucky numbers: 12, 19, 26, 36, 46, 48.

AQUARIUS
(Jan. 21 - Feb. 19)

Your intuition may be strong right now and could uncover a hidden opportunity regarding a long-held goal. However, you might need to work hard for a while to bring it to fruition. Lucky numbers: 5, 8, 10, 23, 30, 34.

PISCES
(Feb. 20 - March 20)

You may be experiencing low energy and a lack of ambition. If so, you may want to focus on your spiritual nature right now, rather than on mundane parts of your life. Lucky numbers: 2, 10, 15, 16, 33, 41.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 7.

Did You Know...

Not lazy: A sloth is far from lazy and slow-moving, at least not when it's in water. Sloths move three times faster in water than on land because they have long, strong arms and can hold their breath for up to 40 minutes.

One long jump: American track and field athlete Mike Powell holds the world record for long jump, leaping 8.95 metres (29' 4.36") at the World Championships in Athletics in Tokyo in 1991.

Shooting for the moon: Golf is one of two sports to have been played on the moon. In 1971, astronaut Alan Shepard hit a golf ball through the low-gravity environment using a six-iron club. Astronaut Edgar Mitchell used a lunar scoop handle to throw a javelin.

Chins unique: The only living beings who can stroke their chins are humans because they're the only ones with chins. While monkeys are a lot like humans, they don't have chins. This point baffles biologists!

Tasty cake: German Chocolate Cake originated in the U.S. in the 1950s, but is named for confectioner Sam German. He created the dark chocolate bar used to make it, and the recipe was printed in U.S. newspapers. The recipe's huge success dramatically increased chocolate sales.

On the Lighter Side

Knock! Knock! Who's there? Pencil. Pencil who? Pencil fall down if you don't wear a belt.

Bob: "You remind me of a pie."
Rob: "You mean I'm sweet?"
Bob: "No, you have a crust."

Did you hear how hard it is to get a job as a sword-swallower? It's a cutthroat competition.

What kind of cheese did the lunch lady serve to the basketball team? Swish cheese.

How much deeper would the ocean be without sponges?

Answers

Trivia answers: 1. Madrigal 2. Steight of hand 3. Oct. 4, 1957 4. James P. Johnson 5. Dwight D. Eisenhower

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Dementia and Continence 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.

UNIVERSITY OF ALBERTA

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

University of Alberta Ethics approval Ref: Pro0094514

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

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