

Recipe of the month

Strawberry-Rhubarb Pops

3 cups chopped fresh or frozen rhubarb (½ inch)
1/4 cup sugar
3 tablespoons water
1 cup strawberry yogurt
½ cup unsweetened applesauce

1/4 cup finely chopped fresh strawberries
2 drops red food colouring, optional
8 freezer pop molds or 8 paper cups (3 ounces each and wooden pop sticks)

Prep: 10 min. + freezing Cook: 15 min. + cooling
Yield: 8 pops

- Place rhubarb, sugar and water in a large saucepan; bring to a boil. Reduce heat; simmer, uncovered, until thick and blended, 10-15 minutes. Remove 3/4 cup mixture to a bowl; cool completely. (Save remaining rhubarb for another use.)
- Add yogurt, applesauce and strawberries to bowl; stir until blended. If desired, tint with food colouring. Fill each mold or cup with about 1/4 cup rhubarb mixture. Top molds with holders; top cups with foil and insert sticks through foil. Freeze until firm.

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

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Everybody's Talking

Shark-infested: When golfing on courses in southern climates, players may be accustomed to signs warning that alligators live in the water hazards. At the Carbrook Golf Club in Brisbane, Australia, signs warn of a more unusual water pond danger: bull sharks. About six specimens are thought to have been trapped in the course's fairly large lake during a flood in the 1990s, and they have since reproduced. Today, about a dozen of these dangerous fish live in the pond. This type of shark is able to live in both saltwater and freshwater. Of course, no one goes looking for wayward golf balls in that water hazard!

Big birds: The largest chicken breed is the Jersey Giant, whose origins were in Burlington County, New Jersey (U.S.), in the late 1800s. These birds are big, as chickens go, with roosters weighing in at about 13 pounds (5.9 kg) and hens generally tipping the scale at 10 pounds (4.5 kg). The breed was developed by the brothers John and Thomas Black as an alternative to turkey. Jersey Giants are friendly, and hens lay extra-large brown eggs. They are also raised for their meat, although they take a while to reach market weight. Black Jersey Giants are the most common; two other varieties of the breed are White and Blue.

Dead Sea tree: The Dead Sea in the Middle East cannot support life because it is so salty. However, in this sea, a tree grows. Located opposite Israel's Ein Bokek Beach, which boasts many hotels of the Dead Sea coastline, there is an island of white salt. Out of that small island, a tree grows. It's quite a sight: a white salt islet surrounded by blue-green clear water, with a tree that is not supposed to be able to grow there. But it doesn't really belong there. A local artist set up the tree as an art installation and visits the tree on a daily basis, bringing soil from which the tree can obtain nutrients. Guests of nearby resorts have been known to swim to the islet to bask in its small pond and admire the tree.

Cute little spot: A tiny house in Toronto, Ontario (Canada), has stood since 1912 on a tiny lot that was meant to be a driveway between the houses located on either side. Known by locals as the "Little House," it was built at 128 Day Avenue by a contractor named Arthur Weeden, who erected the house, lived in it with his wife for 20 years, and stayed six more years after she passed away. The home is only 27.9 square metres (300 sq. ft.), but has an open concept with a living room, kitchen, and small sleeping spot. A hatch door in the kitchen floor leads to a small basement. There's even a small backyard.

Quoteable Quotes

"An expert is one who knows more and more about less and less."
—Nicholas Murray Butler

"A bore is a man who, when you ask him how he is, tells you."
—Bert Leston Taylor

What's Happening

July 16 to 17- Cold Lake Air Show a not-to-be-missed event of the summer, kicking off with the Full Throttle Festival on Friday, July 15th, which will showcase family activities, live entertainment, beer gardens, and a fly past. CFB Cold Lake. www.coldlakeairshow.com for more info

Aug 11 to 14 - Extreme Mudfest Extreme Mudfest is a 4-day mud and music festival located in Cold Lake Alberta, Canada. In addition to nightly performers, we bring you a beer fest, Slow-pitch soft ball tournament, Extreme MudRun, and of course lots of Mud! 825 459-7645

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Trivia

1. The moon is a satellite, asteroid, or planet?
2. Margaret Hamilton played Glinda the Good Witch in The Wizard of Oz movie—T/F?
3. The longest river in the U.S. is the Missouri, the Colorado, or the Mississippi?
4. Who ran the 100-metre dash in 9.58 seconds in 2009?
5. Who directed the movies Grapes of Wrath and The Quiet Man?

(Flip bottom of page for answers)

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Congratulations

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Claire Boisvert
Desiree Gauthier
Linda Kondysar

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Reader of the Month
Drina P. (age 8) from Edmonton, AB

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Your Weekly Horoscope

ARIES
(March 21 - April 20)
Your thoughts may be racing, and perhaps you are of two minds, not sure where to focus. If you are extraordinarily optimistic, it may be prudent to consider tempering your efforts. Lucky numbers: 11, 22, 24, 31, 35, 37.

TAURUS
(April 21 - May 21)
You might be entering a period where stability may be very appealing. But it also could seem restrictive. Perhaps ask yourself how you might use this dynamic to confidently pursue your dreams. Lucky numbers: 13, 15, 24, 26, 30, 36.

GEMINI
(May 22 - June 21)
Many Geminis have a quick mind that can readily access information and communicate it to others. You may be an agent of positive change through effective use of these skills. Lucky numbers: 10, 12, 14, 35, 39, 45.

CANCER
(June 22 - July 22)
The astrological environment now highlights the nurturing qualities of Cancer energy. Your ability to pick up emotional perceptions from others may allow you to show them how to nurture themselves. Lucky numbers: 3, 15, 23, 31, 44, 46.

LEO
(July 23 - Aug. 23)
Are you having trouble focusing on one good idea to manifest? This situation may provide you with an opportunity to make an adjustment in your view of what success means. Lucky numbers: 7, 12, 14, 16, 24, 33.

VIRGO
(Aug. 24 - Sept. 23)
Your mind and heart may be fully in sync at the beginning of the week. How could you use this balance to think outside your box and reach for something new? Lucky numbers: 5, 13, 27, 35, 40, 42.

LIBRA
(Sept. 24 - Oct. 23)
You may be in an emotional tug of war with yourself. This might be a sign that an old wound is surfacing, and you could be able to focus on finally healing it. Lucky numbers: 9, 15, 31, 33, 36, 40.

SCORPIO
(Oct. 24 - Nov. 22)
Does someone seem to be standing in the way of what you want to achieve? While you may be tempted to retaliate, perhaps just refocusing your efforts toward success would be best. Lucky numbers: 6, 7, 12, 17, 28, 29.

SAGITTARIUS
(Nov. 23 - Dec. 21)
At the end of the week, your natural optimism may be reinforced. How could you use this energy for an emotional reset, to move forward and achieve your next goal? Lucky numbers: 1, 13, 27, 31, 32, 40.

CAPRICORN
(Dec. 22 - Jan. 20)
Capricorns can sometimes be very hard on themselves. If this sounds like you, try to seek out someone who might be able to help teach you to be more gentle with yourself. Lucky numbers: 5, 8, 22, 31, 38, 39.

AQUARIUS
(Jan. 21 - Feb. 19)
Perhaps you are no longer certain of who you truly are. This happens to everyone at some point or other. A change in perspective might encourage you to make a positive adjustment. Lucky numbers: 2, 11, 12, 13, 26, 43.

PISCES
(Feb. 20 - March 20)
How much does your life include being of service to others? Now may be a time to review the past in this regard, and to see what changes you might want to make. Lucky numbers: 4, 10, 17, 19, 30, 48.

Lucky numbers this week: This week's odds favour Gemini winners with the luckiest number being 12.

Did You Know...

Honey colour: Honeybees in some apiaries in France were in the news a few years ago when they started producing blue and green honey. Beekeepers learned the honeybees had been feasting on residue left in containers of a nearby candy processor business.

Sparse meal: Today, astronauts can eat fairly well in space. But in 1962, when John Glenn became the first American to eat in space, his menu consisted of applesauce, beef, and pureed vegetables, all packed in toothpaste-like tubes.

Finicky plant: Houseplant lovers often choose the popular fiddle-leaf fig tree. However, these large-leaved plants can be tricky to care for, as they are finicky about the amount of sunlight, water, and humidity they need to stay healthy.

Colourful critters: Chameleons can change their colour, but it's not for camouflage. It's their way of communicating their intentions, such as to fight or to mate. It's also a way of controlling their temperature; they can turn dark to absorb more heat, for example.

Scary word: One of the longest words in an English dictionary is *hippopotomonstrosesquippedaliophobia*. Ironically, it means a fear of long words. The phobia is also known as *sesquipedalophobia*.

On the Lighter Side

Jaime: "What car does your dad have?"
Jane: "I can't remember but I think it starts with a T."
Jaime: "Really? Ours starts with gas."

What do you get when you cross a bed with a kitchen appliance? A four-poster toaster.

How do the three men in the tub sign their love letters? "I lub-a-dub-dub you."

Did you hear the one about the unstamped letter? Never mind, you won't get it.

Knock! Knock! *Who's there?* Wayne. *Wayne who?* Wayne drops keep falling on my head.

Answers

Trivia answers: 1. Satellite 2. False, the Wicked Witch 3. Missouri River 4. Usain Bolt 5. John Ford

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