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An aging demographic is changing the face of Alberta. Alberta Council on Aging, with regional representation across the province, addresses many of the challenges our older population faces. We engage in conversation with various organizations addressing relevant research-based matters, communications, and programs. ACA is committed to providing support and resources to all Alberta communities.

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Alberta Council on Aging **Let's Stop Ageism**

HAPPY **Mother's DAY**

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**Recipe of the month**

**Grilled Glazed Drumsticks**

1 cup ketchup  
1/3 cup reduced-sodium soy sauce  
4 teaspoons honey  
3/4 teaspoon ground ginger

1/2 teaspoon garlic powder  
3 pounds fresh or frozen chicken drumsticks, thawed  
Optional: Sliced green onions and ranch dressing

Prep Time: 10 min. + marinating Grill Time: 15 min.  
Yield: Approximately 2 dozen

1 In a small bowl, combine the first 5 ingredients. Pour 1 cup marinade into a large shallow dish. Add the chicken; turn to coat. Cover and refrigerate for at least 4 hours or overnight. Cover and refrigerate remaining marinade for basting.  
2 Drain chicken, discarding marinade. Grill, covered, over medium heat until juices run clear, 15-20 minutes, turning and basting occasionally with reserved marinade. If desired, top with sliced green onions and serve with ranch dressing.

The perfect recipe to try during May - BBQ Month!

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


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Vol. 20 No. 20 May 15, 2023

**Everybody's Talking**

**Monkey land:** In a village called Upla, in the Osmanabad district of India's Maharashtra state, monkeys are so well respected that they have been given their own land. Along with a small population of humans, Upla has about 100 Rhesus macaques in residence. Some years ago, the village set aside 32 acres of land and put them in the name of all the monkeys. No one knows exactly how or when this came to be, but the townsfolk feed the monkeys and often include them in rituals. At weddings, for example, the monkeys are provided with presents before the rest of the festivities get started.

**Cruising for life:** "Super Mario" Salcedo of Miami, Florida (U.S.), would rather be on a cruise ship than on dry land. He seems to have gotten his wish because he's managed to live for over 23 years on luxury liners, after retiring at age 47. During a stressful career as a financier, he traveled quite a bit. He had managed to save enough to continually live on a ship, and now enjoys the scenery instead of worrying about work. Salcedo doesn't hang out with other tourists, but keeps to himself and does light finance work for private clients. This lifestyle is possible, in part, because the perpetual cruiser isn't married and doesn't have children.

**Playful paint job:** When he was a kid, Sam Cox's parents never told him he couldn't draw on walls. Good thing, because now the artist from Kent, England, who is in his late 20s, has covered his own house, inside and out, in doodles. After beginning in his bedroom, Cox has doodled, from floor to ceiling, all the other bedrooms, bathrooms, hallways, and kitchen, as well as the exterior. He used many cans of white paint, black spray paint, black drawing paint, and pens to achieve the monochrome, comic book look. Known as Mr. Doodle, Cox uses his love of this artistic style to make paintings, which have sold for high prices at auctions.

**Canine passenger:** Eclipse was a beloved black Lab-Bullmastiff mix in Seattle, Washington (U.S.), who enjoyed riding the bus all by herself. The smart canine would get on the bus near the home of her owner, Jeff Young, and get off a few stops later at the dog park. It started by accident in 2015, when she boarded without Young one day, and she continued until she passed away in October 2022 at age 10. Regular passengers miss the gentle animal, who would nap with her head on someone's lap. She always knew her stop, and the driver would let her out. The bus company even made a music video about her.

**Quoteable Quotes**

"One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say." —*Will Durant*

"My father gave me the best advice of my life. He said, "Whatever you do, don't wake up at 65 years old and think about what you should have done with your life." —*George Clooney*

**What's Happening**

**May 18 - Roast Beef Supper and Classic Country Comedy Show** Hosted by the Fawcett Seniors Club from 5pm to 10pm. Doors open 5pm Supper 6pm Show 730pm. Tickets are \$25.00. Call Roger 780-307-5757 or Carol 780-349-5637

**June 24 - Hamlet of Robb - Centennial Event** The Hamlet of Robb is celebrating 100 years with a full day of activities for all ages. There will be a Beer Garden, Children's Carnival, Food Trucks, Historical Display, Live Music many other surprises. Bring your family be a part of History!

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**Trivia**

1. The newspaper Bild is published in what country?
2. \_\_\_\_\_, an involuntary muscle contraction, moves food through the digestive system.
3. When was the Vienna Boys Choir created?
4. What playwright group included Christopher Marlowe in the 1580s?
5. Vitreous humour can be found in human eyeballs, jellyfish, or comedy clubs?

(Flip bottom of page for answers)



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# Your Weekly Horoscope

**ARIES**  
(March 21 - April 20)

You may be ambitious and eager to fulfill your goals right now. Success might be possible, but it is important to avoid arguments and not to alienate others in the process. Lucky numbers: 9, 13, 22, 29, 32, 37.

**TAURUS**  
(April 21 - May 21)

This week holds a monthly reset moment. A number of opportunities for success may be available to you right now. Examine them carefully before deciding which is best. Lucky numbers: 13, 18, 19, 22, 30, 35.

**GEMINI**  
(May 22 - June 21)

Your birth month is a good time to evaluate what you did and didn't achieve over the past year. Then you can plan any necessary changes for your new year. Lucky numbers: 2, 4, 16, 20, 42, 47.

**CANCER**  
(June 22 - July 22)

Cancers often prefer to retreat into their shells rather than engage with others in difficult conversations. However, if you are open, you may find an opportunity to do just that. Lucky numbers: 1, 6, 18, 28, 46, 48.

**LEO**  
(July 23 - Aug. 23)

Others may be intrigued by your enthusiasm right now, and they might want to assist in your endeavours. Try to be sure that the outcome is a win-win for everyone. Lucky numbers: 11, 12, 28, 35, 38, 46.

**VIRGO**  
(Aug. 24 - Sept. 23)

Virgos can have a perfectionist streak that sometimes encourages you to be hard on yourself and others. Opportunities may exist right now to be more nurturing, if you reach for them. Lucky numbers: 8, 11, 16, 23, 37, 45.

**LIBRA**  
(Sept. 24 - Oct. 23)

Libras often overlook their needs to keep things flowing smoothly in their relationships. Be careful now about being passive-aggressive with others. You may want to try having an honest conversation instead. Lucky numbers: 12, 21, 28, 30, 42, 47.

**SCORPIO**  
(Oct. 24 - Nov. 22)

Your intuitive nature can be painful to deal with at times. Find resources that can be helpful to you, like a conversation with a friend or even a simple walk in nature. Lucky numbers: 3, 6, 28, 44, 47, 48.

**SAGITTARIUS**  
(Nov. 23 - Dec. 21)

Your mind and feelings may be out of sync at the end of the week. If you can find a compromise, do so, or wait a few days before acting. Lucky numbers: 6, 7, 13, 14, 33, 47.

**CAPRICORN**  
(Dec. 22 - Jan. 20)

Capricorns generally look for solid research and facts in their decision making. Now, though, an adjustment in your view may allow you to use more intuitive information in the process. Lucky numbers: 5, 13, 29, 32, 38, 43.

**AQUARIUS**  
(Jan. 21 - Feb. 19)

You may be undergoing a long period of self transformation, which might be in a difficult phase right now. Try to go with the flow, rather than fighting the process. Lucky numbers: 4, 18, 21, 23, 25, 39.

**PISCES**  
(Feb. 20 - March 20)

Your intuitive, empathetic nature may be at its best now. Look for opportunities to work on endeavours that could encourage others to help themselves, rather than relying on you. Lucky numbers: 7, 10, 24, 32, 42, 44.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 30.

## Did You Know...

**Perfect pitch:** People with perfect, or "absolute," pitch can identify a musical note when they hear it, or can sing it without any other note as a guide. Whether people are born with this talent or can learn it is a subject of debate.

**Hot lake:** Waimangu Volcanic Valley is an area of hydrothermal activity on New Zealand's North Island. Temperatures in the valley's shallow "Frying Pan Lake" range from 50°-60° C (122°-140° F), too hot for swimming or soaking.

**Great opera:** Opera lovers all over the world have seen *Madame Butterfly*, written by Italian Giacomo Puccini. The opera was first presented at the Teatro alla Scala (La Scala) in Milan, Italy, on February 17, 1904.

**Riding together:** The first U.S. club for recreational bicycle riders, called the Boston Bicycle Club, was formed in 1878. Other cities followed suit, with clubs soon forming in Buffalo, NY, and New York City.

**Scary stories:** Prolific American author Stephen King wrote stories for magazines before getting his big break for his novel *Carrie*, published in 1974. Soon afterward came *The Shining*, *The Stand*, and *The Dead Zone*, plus numerous others in the ensuing years.

## On the Lighter Side

When you wallow with pigs, expect to get dirty.

Knock! Knock! *Who's there?* Rhino. *Rhino who?* Rhino every single knock-knock joke!

When do kings worry the most? When the reign stops.

Doctor: "I think you are suffering from hypochondria."  
Patient: "Not that, too?"

How did the book talk to its friends? By text.

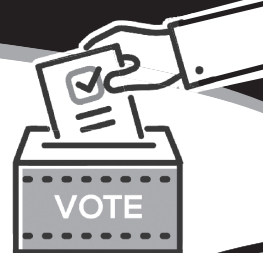
## Answers

**Trivia answers:** 1. Germany 2. Peristalsis 3. 1498 4. University Wits 5. Eyeballs

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Ashley Lewis  
Harvey Lafond  
Roberta Drummond



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- 6 You need a lawyer's advice on any matter



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